



London, Printed for Cha: Adams at the
Talbot in Fleetstreet over ag^t S. Dunstons church



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THE FRENCH COOK.

Prescribing the way of making ready of all sorts of Meats, Fish and Flesh, with the proper Sauces, either to procure Appetite, or to advance the power of Digestion.

Also the Preparation of all Herbs and Fruits, so as their naturall Crudities are by art opposed ; with the whole skil of Pastry-work.

Together with a Treatise of Conserves, both dry and liquid, a la mode de France.

With an Alphabetical Table explaining the hard words, and other usefull Tables.

Written in French by Monsieur De La Varenne, Clerk of the Kitchen to the Lord Marquesse of Auxelles, and now Englished by I. D. G.

L O N D O N, . . .

Printed for *Charls Adams*, and are to be sold at his shop, at the Sign of the *Talbot* neere *St. Dunstons Church* in *Fleetstreet*, 1653.



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TO THE
RIGHT HONOURABLE
J O H N

Earl of *TANNET*, &c.

My very good Lord.

My Lord,



OF all Cookes in the
World, the French
are esteem'd the best,
and of all Cookes
that ever *France* bred
up, this may very well challenge
the first place, as the neatest and
compleatest that ever did attend
the French Court and Armies. **I**
have taught him to speak En-
glish, to the end that he may be

The Epistle Dedicatory.

able to wait in your Lordships Kitchen; and furnish your Table with severall Sauces of *haut goust*, & with dainty *ragousts*, and sweet meats, as yet hardly known in th's Land. I hope your Honour wil forgive my boldnesse of begging your Lordships Patronage, in his behalf, entreating your Honour to consider, that having first set out his Mill in *French*, under the protection of a *French* Marquess, he now as a stranger doth humbly crave to be sheltred under the lustre of your honourable name, that so with the more credit and confidence, he may impart his skill for the publique good, in teaching every body how to continue and prolong comfortably by a well relished diet, the sweet marriage of Soul
and

The Epistle Dedicatory.

and Body. Besides, my Lord, your former commands are indeed the first and chief cause of my presuming thus far, esteeming it to be a part of my duty, which will never be satisfied, untill some better occasion doe furnish me with a more serious subject, whereby I may let all the world know, that all my ambition is to deserve the glorious title of

*Your Lordships most
humble Servant*


Du Fresne.

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To the Reader.

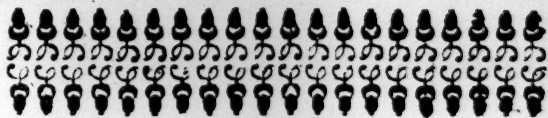
Courteous Reader,

 *was desired by a noble Knight to English this Booke; besides being solicited and intreated about the same, by many of my Friends, and persons of good quality, I have taken the pains to doe it, as punctually and exactly as the matter could give me leave, endeavouring to make it intelligible for every body. As concerning some few words which are not Englished, they are words of things which are not in England, or some words of art, which you will finde explained in a Table set before the Booke. I have had all the care possible to make*

To the Reader.

it compleat and easie, to the end that it may be usefull, not onely for Noblemen and Gentlemen, but also for every private family; even to the Husband man or Labouring man, where-soever the English tongue is, or may be used. If you doe accept of it for your own use, as kindly, as I doe give it heartily to the publick, I am fully satisfied for all my labours, wishing that you and I may long enjoy the comfortable refreshments prescribed therein. Farewell.

For



F O R T H E

High and Mighty Lord,

Lewis Chaalon Du Bled,

Counsellor of the King

in both his Counsels of State

and Privy-Counsell, Knight

of his Orders, Baron of

Tenar, Marquesse of

Uxelles, and of

Cormartin, &c.

My Lord,



Lthough my condition
doth not afford me a
Heroick heart, it gives
me nevertheless such a one, as

The Epistle Dedicatory.

not to be forgetfull of my duty. During a whole tenne years imployment in your house, I have found the secret how to make meates ready neatly and daintily. I dare say that I have exercised this profession with a great approbation of the Princes, of the Marshals of *France*, and of an infinite number of persons of quality, who did cherish your Table in *Paris*, and in the Armies, where you have forced Fortune to grant to your Virtue some Offices worthy of your courage. I think, that the publique ought to receive the profit of this experience of mine, to the end that it may owe unto you all the utilitie, which it will receive thereby. I have therefore set down in writing what I have
so

The Epistle Dedicatory.

so long practised in the honour of your service, and have made a small Book of it, bearing the title of the Clerk of your Kitchen. But, as all what it doth contain, is but a lesson, which the desire of pleasing you hath caused me to learne, I have thought that it ought to be honoured with your name, and that without sinning against my duty, I could not seek for it a mightier prop than yours: It is a token of the passion which I have alwaies had, and which I shall have all my life time for your service. Therefore, my Lord, use your accustomed generosity, doe not despise it, though it be unworthy of you. Consider that it is a treasure of the Sauces, the taste whereof did
once

The Epistle Dedicatory.

once please you ; and , to conclude, that it is the Master-peece comming from the hands of him , who will bee all his life time,

My Lord,

*Your most humble, most
obedient , and most
obliged Servant,*

Francis Peter,
(*alias*)
La Varenne.

Friendly



Friendly Reader,

I Have thought it fitting to give you some advise concerning the design and the use of this Book, whereof I am the Author, without vanity. My intention is not to displease or offend any body, though I doe not doubt, but that some ill-willers, or some envious, will speak of it at randome; but my intention is to serve and succour them who shall stand in need of it, whereof many having not the experience, and the memory in readinesse, will not, or dare not presume to learne what they know not, partly through pride, and partly also through some other consideration. Some do beleieve that they wrong themselves, in taking counsel concerning that thing, which, belike, they ought to be skilfull in. Some others having no acquaintance with those who could teach them, are ashamed to present themselves without a reward which their want cannot give them leave to reach to. Therefore because I love dearly them of my calling, I have esteemed it of my duty to impart

unto

To the Reader.

unto them that little which I doe know,
& so to deliver them out of this trouble.

As for the use, I have made you up
four services; before each of them, you
will find the Table, and then the discourse
following after; and have divided them
according to the several fashions of the
meals used in Flesh dayes Fish dayes, and
Lent, and specially Good-friday. I have
addeed many other generall things, where-
of you have the tables and discourses. I
have intermixed the Table and the ma-
king of Pastry works according to the sea-
sons, and other small household curiosities,
usefull for all sorts of persons. If you find
some Articles in the Tables, which be not
in the discourse, blame me not, I have o-
mitted them because they are common,
and I have put them in the Tables to put
one in mind of them. Lastly, for a recom-
pence, dear Reader, I do ask you nothing
else, but that my labour may be profitable
and agreeable to you.

The

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The French Stationer to the Reader.



Ourteous Reader ; This Booke, the matter and the title whereof doe seeme new , because the like was not as yet printed , will not be , as I thinck , unfruitfull for you. There hath been many Bookes, and which have been well accepted of , as the charitable Physician and others , for remedies and the healing of sickneses with little cost , and without the use of Apothecaries But this booke which tends onely to the preserving and the keeping of health in a true and constant course , in teaching how to correct the vitious qualities of meates by contrary and severall seasonings ; the scope whereof, I say , is only to afford unto man a solid nourishment, well dressed , and conformable to his appetites , which are in many the rule of their life, and of their (*en bon point*) looking well, ought, as I think, to be of no lesse consideration , since that it is sweeter by farre to make according to one's abilitie an honest and reasonable expense in sauces , and other delicacies of meates , for to cause the life and health to subsist , then to spend vast summes of money in drugs , medicinall

To the Reader.

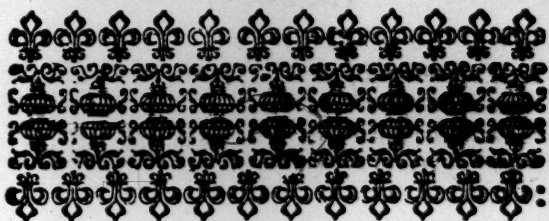
small hearbs, potions, and other troublesome remedies for the recovering of health. This hath perswaded me, after many solicitations of my friends, to let it see the light, and to set it forth in this great City, which makes profit of all, rejects nothing, and where what is not fit for one, is usefull for another. It's author hath told you in his word of advise what use and profit it may bring; And I dare boldly enhance it, and say, that it is not onely usefull, but also necessarie, because that he doth not onely set out the finest and the daintiest fashions of making ready meates, pastrie works, and other things which are served upon great mens tables, but he gives you also the precepts of the most common and most ordinarie things, which are used in the food of households, which doe onely make a regulated and moderate expense, and in the making ready of which, many doe amilie in the too much or too little; He doth teach you the fashions of a thousand kinds of hearbs (and legumes) and other victuals, which are found plentifully in the country, where the most part are ignorant of the meanes of making them ready with credit and contentment; and thus it is cleere, that with great reason I have done this good service to the publiok, not onely for daintinesse, but also for necessities sake: Considered also, that France carrying it above all other Nations in the world in point of civility, courtesie, and comeliness in every kind

To the Reader.

kind of conversation, is not lesse esteemed, because of it's comely and daintie fashion of feeding. And the City of *Paris* carrying it farre above all the other Provinces, as the Metropolitan head City, and the seat of our Kings, doubtless her inferiours will in this follow the esteeme that she will make of it. And I hope, that since that I doe give her the first fruits of it, she will accept of them kindly, and others will imitate her: After which other Nations may very well be stirred forward to conforme themselves to her, who as she doth excell in all what belongeth to life, cannot be ignorant of the meanes how to preserve it contented and peaceable, by the use of the things which doe maintaine it, and cause it to subsist. I may assure you that for my part I have had a most speciall care to set it in its luster, and to enrich a little its matter, which perhaps will seeme to some Criticks, to be lesse worthy of precepts; but the most judicious will judge otherwise, and will consider, that all the books both ancient and moderne, being for the most part for the nourishment of the spirit: There was a good reason, that the body, without the good disposition of which it cannot act, should have a share in it, & specially in a thing so necessary for its conservation. Enjoy it, Courteous Reader, whilest I will study how to put forth to sale something which will deserve your more elevated and more solid occupations.

A Table referring to all the particulars contained in this Book.

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An Alphabetical table for the
explaining of the hard and
strange words contain-
ed in this Book.

A.

Abbatis , or Abatis.

They are the purtenances of any beast viz. the feet , the eares , the tongue , &c. They are also the gibblets of any foule. viz. the neck , wings , feet, gisard, liver, &c.

Andovilles.

They are the great guts of porke, or beef , filled up with thinne slices of tender meat , or small guts of porke well seasoned with peper , salt, fine hearbs, &c. some doe call them Chitterlings.

Andovillerts.

They are balls, or roundish small peeces of minced flesh well seasoned.

Aricot , or Haricot.

It is mutton sod, with a few turnips, some wine, and

A Table.

and tostes crumbled among; It is also made of small peeces of mutton, first a little sodden, then fried in seame with sliced onions; and lastly boiled in broath with parsley, Isop, and sage; And in another fashion, of livers boiled in a pipkin with sliced onions and lard, verjuice, red wine, and vinegar, and served up with tosts, small spices, and sometimes chopped herbs.

Arbolade.

It is a kind of French Tansie.

Allose.

Some doe call it a shad fish.

B.

Beatilles.

They are all kinds of ingredients, that may be fancied, for to be put together into a pie, or other-wise. viz. Cock's combs, stones or kidneys, sweet breads of veale, mushrooms, bottoms of hartichocks, &c.

Beatilles of pullets.

They are the gibblers.

Barde.

It is a sheet of lard or bacon.

To Bard.

It is to lay a sheet of lard about, or upon any meat.

Barbillons.

They are the second skin of the pallats of beef.

Brignols.

They are a kind of plummets which grow beyond Sea.

A Table.

C.

Cervelats.

They are a kinde of saucidges made beyond sea.

Chibols.

They are sives, or young small greene onions.

Cardes.

Cardons.

Cardeaux.

*They are the ribs of beets, of harti-
chocks, and such like.*

Chapiteau.

It is any worke set over the lid of a pie.

Coquemare.

It is a long brasen pot.

Cornet.

*It is a Coffin of paper, such as the grossers doe
put and wrap fruit, or spices in.*

E.

To endore.

*It is to wet, or daube with some liquor, as one
doth a pie or cake before it be put in the oven.*

F.

Fleurons.

They are small peeces of pufte paste fried.

Fricaslee.

It is a frying with a sauce.

Farce.

*It is any thing made up for to stufte any meat
with.*

To farce.

It is to stufte, or fill up any meat.

G.

A Table.

G.

Gaudiveaux.

They are forced meat of veale, that is, meat of veale minced, seasoned, and wrought into small long peeces like chitterlings.

Grattin.

It is that which doth sticke to the bason or pipkin, when pappe is made; or else a kind of skin which gathereth about, or at the top of the pappe, when it is sodden enough.

H.

Hash.

It is minced meat.

L.

Lard.

It is fat bacon.

Lardons.

They are small long slices of Lard.

To lard.

It is to sticke any meat with slices of lard.

Meane Lard.

They are slices of lard, of a middle size.

Great Lard.

They are big slices of lard.

Litron.

It is a measure of one pinte, or a little more.

Legumes.

They are all kinds of pot hearbs, as also any fruit growing

A Table.

growing in a garden, as cowcombers, artichocks, cabbage, melons, pumpkins, &c.

M.

Morilles.

They are a kind of excellent Mushrooms.

Marrons, or Marons.

They are the biggest kind of chestnuts.

P.

Pignons.

They are pine-apple kernels.

To Passe in the panne.

It is to frie a little, or to parboile in the frying panne.

R.

Ragoust.

It is any sauce, or meat prepared with a haut goust, or quicke or sharp taste.

Ramequin.

It is a kind of trosse.

S.

To stove or soak.

It is to cause to boile very softly before, or over the fire, that so the juice or liquor may be imbibed, or drunk in by degrees, to the end that the potage, or sauce, may be well allayed, of a good consistence, or well thickned.

A Table.

A straining panne.

It is a panne made much after the forme of a warming pan, but that it is without a lid or cover, and that it is round at the bottome, and full of small holes cullender-like.

T.

Trouffles, or Truffles.

They are a kind of Mushrum.

Tourte.

It is a kind of a great cake.

A Tourte-panne.


It is a panne made of purpose for to bake a tourte in.

W.

To Whiten.


It is to steep in water, either cold or hot, for to make plump, or white, or both.

There are some other strange words, but the severall articles doe sufficiently explaine what they doe signifie, so that it had been needlesse to put them in this table.



The French Cook.

*The manner of making the
broath for the feeding of all Po.s, be it
of Potage, first course or inter-
course (middle service.)*



Take knuckles of beef, the hinder part of the rump, a little of mutton, and some hens, according to the quantity of broath that you will have, put in meat proportionally, seeth it well with a bundle of parsley, young onions, and thyme tyed together, and a few cloves; keeping alwaies some warme water ready to fill up the pot again. Then after all is well sodden, you shall strain them through a napkin for your use. And as for roasted meat, after that you have taken the juyce out of it, you shall set it to boyle with a bundle of hearbs as abovesaid; seeth it well, then strain it, for to make use of it at your first courses, or for brown potages.

A Table of the Potages that can be made for to serve up in the flesh dayes.

Bisque of young Pigeons.

Potage of health.

Potage of partridges with coleworts (cabidge)

Potage of Ducks with turnips

Potage of pullets garnished with Sparagus

Potage of marbled partridges

Potage of fricandeaux

Potage of marbled quails

Potage of stockdoves garnished

Potage of profireokes (or small vailes)

Queenes potage

Princesse's potage

Jacobin's potage, (or after the Jacobin's fashion)

Potage of young pullets

Potage of teal with hypocraft.

Brown potage of Larkes.

Potage of young pigeons.

Potage of teal with the juice of turnips.

Potage of beatills.

Potage of pullets with coliflowers.

Potage of pullets with ragoust.

Potage of young pigeons roasted.

Potage of goose with pease-broath.

Potage of goose-giblets.

Potage of goose with green-pease.

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	Potage of pullets with green-pease.	27
	Potage of pigeons with green-pease.	28
	Potage of salted pork with pease.	29
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07	Potage of knuckle (or legge) of Veal.	33
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The French Cock.

How to make all kinds of Potage.

1. *A Bisque of young Pigeons.*

Take young Pigeons, cleanse them well, and truss them up, which you shall doe in making a hole with a knife below the stomach, and thrusting the legs through it; Whiten them, that is, put them into a pot with hot water, or with pot broath, and cover them well; then put them in the pot with a small twig of fine hearbs, & fill up your pot with the best of your broths, have a special care that it may not become black; then dry your bread, and stowe it in the Pigeon broth; then take up after it is well seasoned with salt pepper and cloves, garnished with the young pigeons cock's combs, sweetbread of veale, mushrums, mutton juice, and pistaches; serve it up, and garnish the brims of the dish with slices of lemon.

2. *Potage of Health.*

Take Capons, cleanse them well, truss them up, and put them in the pot with broth and cover them, lest the broath doe wax black; season them well with salt, seeth them well with store of good hearbs; in winter white succorie; then take up and garnish with your hearbs, viz. with cardes and parsley roots, or succorie, and serve.

3. *Potage of Partridges with Coleworts.*

Cleanse them well, lard them with great lard, truss them up, and put them in the pot
what

with good broth; put also your coleworts in the pot with your Partridges; after they are sodden, you shall pass into it a little melted lard, and season them with cloves and pepper; then stove or soake your crusts, garnish them with sweet breads of veale, or with Saucidges, if you have any, then serve.

4. Potage of Ducks with Turnips.

Cleanse them, lard them with great lard, then pass them in the pan with fresh seame or melted lard; or else rost them on the spit three or foure turnes, then put them in the pot, and take your turnips, cut them as you will, whiten them, flower them and pass them in fresh seame or lard, untill they be very brown; put them in your Ducks, seeth all well, and stove or soake your bread well, to the end that your potage be thickned; If you have capars you shall mixe some with it, or a little vinegar; take up, and garnish with Turnips, then serve.

5. Potage of Pullets with Sparagus.

After they are well trussed up, whiten them well, and put them in the pot with a sheet of lard over them; fill your pot with your best broth, & season them with salt and a little pepper, & let them not seeth too much; dry your bread & stove or soake it, and garnish it with your pullets, with sparagus fried and broken, mushrums, combs, or with the giblets of your pullets, with a few pistaches, and juice of mutton, and garnish the brim of

your dish with lemon; then serve.

6. Potage of marbled Partridges.

When your Partridges are well trussed up, lard them with great lard, and whiten them, then put them in the pot; seeth them well, & season them with salt, then put in your bread and stowe or soak it; garnish your potage with it, and with mushrooms, boyle them a little on the fire, putting therein some white almond broath and some mutton juice, pistaches and lemon, then serve.

7. Potage of Quelckchoses, or Liverings.

Take a fillet of Veale, cut it very thinne, stufte it very well, and cause it to take colour in a tourt-pan, or between two dishes; put the slices thereof into a small pot with some of the best broath; season them, stowe or soak your bread, and garnish it with your liverings, mushrooms, truffles, sparagus, mutton juice, pistaches, if you will, or lemon, then serve.

8. Potage of marbled quails.

After they are trussed up and whitened, flower them, and pass them with lard or fresh seam, then put them in the pot, seeth them well, and season them with salt; stowe or soak your bread, and garnish it with your quails, with truffles, mushrooms, combs, lemon, and pistaches, then serve.

9. Potage of wood pigeons 'garnished.

Take wood pigeons, or big pigeons, whiten, and lard them with middle sized lard, then put them in the pot, and seeth them well

with

with seasoning of salt, and a twig of rime stove your your bread, then garnish it with your pigeons, bottoms of hartichocks, and sparagus, then serve.

10. Potage of small vayles.

Take foure or six small loaves, take out of them all the crumme through a small hole made on the top, take off the top and dry it, with the bread, frie them with fresh seame or lard, then stove or soak your bread with your best broth, and besprinckle it with almond broth, then put your loaves to garnish your potage, & fill them with combes, sweetbreads, gibbllets, truffles, mushrums, and cover them; put some broth therein untill the bread bee soaked; before you serve, powre on it some juice, and what you have then serve.

11. The Queens Potage.

Take Almonds, beate them, and boyle them with good broth, a bundle of hearbs, and a peece of the inside of a lemon, of crums of bread a little, then season them with salt, have a care they burne not, stirre them very often, & strain them. Then take your bread & stove or soak it with your best broth, which you shal make thus. When you have taken the bones out of some roasted partridge or capon, take the bones and beate them well in a mortar, then take some good broth, seeth all these bones with a few mushrums, & strain all through a linnen cloath, and with this broth stove or soak your bread, and as it doth stove,

besprinkle it with broath of almonds and with juice, then put into it a little of some very small hash, be it of partridge or of capon, and alwaies as it doth stowe, put in it some almond broath untill it be full; then take the fire-shovell red hot, and pass it over it. Garnish your potage with cockes combes, pistaches, granates, and juice, then serve.

12. Princeesse's Potage.

Take of the same Broth of the Queen's Potage taken out of the rosted bones, stowe a loaf of bread with the crust, and after a small hash of Partridges, which you shall strew upon your Bread, so thin as it may not appear; stowe it and fill it by little and little, Garnish it with the smallest Mushrooms, Combes, Stones, or Kidneis, Pistaches, Lemon, and much Juice, then serve.

13. Jacobin's Potage.

Take Capons, or Partridges, roast them, take out the bones, and mince the brain of them very small, take also the bones of them, break them, and seeth them with Broth in an earthen Pot, with a bundle of Herbes, then strain them through a linnen cloth, stowe your Bread, lay on it a bed of Flesh, or of Cheese, if you will, a bed of Almond Broth, and boil it well, and fill it by degrees, then Garnish it with the small ends of Wings, without bones at one end; take three Eggs, with a little of Almond Broath, if you have any, or of other, beat them

them together, and powre them on your Potage ; pass the fire-shovell over it, then serve.

14. Potage of Cockerels.

Dress and whiten them, steeping them a while in fresh Water, or in Broath, then put them in the Pot with some other Broath well seasoned with Salt; Take up, and Garnish them with all that you have remaining of Garnish, upon a loaf stoved, and serve.

15. Potage of Teales with Hypocrast.

Take Teales, dress and cleanse them well, whiten them as above said, and being sticed within with some Lard, frie them a little with Lard, or fresh Seam, then put them in the Pot; When they are almost sodden, you shall throw in it some Brignolls, with a piece of Sugar, and shall Garnish your Potage with the Teales and Brignolls.

16. Brown Potage of Larkes.

Take Larkes, and draw them, whiten them, flower them, and pass them in the pan with Butter, Lard, or fresh Seam, untill they be very brown, then put them in the Pot with good Broth and a bundle of Herbs; and seeth them; Stove well a loaf, which you shall Garnish with your Larks, Beef Pallats, Mutton juice, and Lemon, then serve.

17. Potage of young Pigeons.

Take young Pigeons, scald them well, and put them in the Pot with good Broath and a
B 5 bundle:

bundle of Herbs; Seeth them well with a sheete of Lard, then take them upon a stoved loaf, and Garnish th m with Hartichokes and Sparagus fried, green Pease or Lettice hen serve.

18. Potage of Teal with the juice of Turnips.

Take Teales, and rost them, then put them in the Pot with good Broath, next take some turnips, whiten them, flowre them, and pass them in the pan, so that they be very brown, put them with your Teal and seeth them together, and when you will take up, strain the Turnips through a linnen Cloath, for to take out the juice of them, wherewith you shall Garnish your Potage, together with your Teal, and with Pomgranats, then serve.

19. Potage of Beatilles.

Take your Beatilles, scald them well, pass them in the pan as a Fricasse of Pullets, put them in the pot with good Broath, and let them consume well, stove a loaf which you shall garnish with your beatills, with much juice of Mutton and Rams-stones, then serve.

20. Potage of Pullets with Coliflowers.

Put them in the Pot with good Broath, seeth them with a bundle of Herbs, and season them well with Salt, Clove, Pepper; And grate a little Nutmegge or crust of Bread, when you are ready to serve, Garnish with them your loave stoved with Coliflowers, and Mutton juice, and serve.

21. Potage of Pullets in August.

When

When they are roasted, cut them into quarters, then put them between two dishes after the manner of a Ragoust, with some Broath from the Pot; Stove your Bread in crust, and Garnish it with your Pullets, putting about a few Mushrooms and Sparagus, then serve.

22. *Potage of young Pigeons roasted.*

Put them in the Pot with good Broath well seasoned with salt and clove, seeth them; then stove your crusts, and garnish them with your pigeons, and what you shall have to put in it; have a care that your potage be brown, then serve.

23. *Potage of Goose with Pease-Broath.*

Take Geese or other, as you will, put them in the Pot and seeth them well, then take your Pease and seeth them well, then pass them through a strainer very fine, & put your Pease Broath into a Pot with a bundle of herbes, pass a little Lard in the pan, and when it is melted, throw it into the Pot, and when you will serve, stove your Bread with your Geese-Broath, then powre your Pease-Broath over it; Which to make green, you must not let your Pease to seeth outright, but when they are half sodden, stamp them in a Morter, and strain them with good Broath; or if it is in winter, take Beetes or Sorrell; stamp and strain it, and power the juice about your Potage when you are ready to serve.

24. *Potage of Goose-giblets.*

Whiten them well, and put them in the pot with

with broath, a bundle of herbes and a sheet of lard; seeth them well, so that being sodden they may show white, stove your bread, and garnish it with your giblets, which you shall whiten if you will, and put on them a few minced capars, then serve.

25. Potage of Geese with Pease.

Put your Geese in a pot with Broath, after you have dressed and whitened them well; Seeth and season them well; Fric your Pease a little in the pan, then put them into a small Pot with a little Broath, and when they are well sodden, stove your Bread, and Garnish it with your Geese and with their Giblets, and with your Pease whole or strained, then serve Garnish'd with Lettice.

26. Potage of Salt-Goose with Pease-Broath.

Your Goose being well salted, and cut into four quarters, if it be too much salted, make it fresher, then Lard it with great Lard, and seeth it well; When your Pease are sod, pass them through a strainer as Pease-Broath, and season it well according to your Palate; Boil your Goose a very little in this Pease-Broath, stove your Bread with other broath if you have any in another Pot, and over the Pease-Broath you shall powre a little Mutton juice for to Maile it, then serve.

27. Potage of Pullets with green Pease.

After your Pullets are well scalded and trussed up, put them in the Pot with good Broath, and scum them well; Then pass your
pease

Pease in the pan with Butter or Lard, and stove them with some Lettice whitened, that is, which you have steeped in fresh Water; Stove also your Bread, and then Garnish it with your Pullet, Pease, and Lettice, then serve.

and serve.

28. Potage of Pigeons with green Pease.

It is made like that of Pullets, but that, if you will, you need not strain your Pease into Pease-Broath.

29. Potage of salt meat with Pease.

Seeth well your salt-meat, be it Pork, or Goose, or any other; take up and powre your Pease-Broath over it, then serve.

30. Potage of young Rabbits.

When they are well dressed, whiten them, and pass them in the pan with Butter or Lard, then put them in the Pot with good Broath, and a bundle of Herbes, and seeth them as it is fitting, stove well your Bread, and Garnish it with your young Rabbits, Mushrooms and Truffles, and with what you have, then serve,

31. Potage of Abatis of Lambs.

After your Abatis are well whitened, put them in the Pot with good Broath, a bundle of hearbs, & a sheet of Lard, that is a sheet of fat Lard or Bacon, seeth them well, and stove your Bread, and when you are ready to serve, powre a white Broath over it that is, yolks of Eggs and Verjuice, then serve.

32. *Potage of Larks with a sweet Sauce.*

Plume them, and draw them, then flower them, and pass them in the pan with Lard or fresh Seam, then put them in the Pot with good Broath, half a pint of white Wine, and half a pound of Sugar, and seeth them well; stove your Bread, Garnish it with your Larks, and serve.

33. *Potage of Knuckle of Veal.*

Put your Knuckle of Veal in the Pot with good Broath, Seeth and scim it well, put therein some white Succorie; Stove your Bread, Garnish it with the Knuckle, Succorie and Mushrooms, then serve.

34. *Potage of a Breast of Veal.*

Whiten it in fresh Water, then put in the Pot with good Broath, seeth it, and put therein some good Herbs, and a few Capars, and all being well seasoned, take up on your stoved Bread, then serve,

35. *Potage of Mavis, or Thrushes.*

Truss them up, and draw them, then flower them, and pass them in the pan with Butter or Lard, then put them in the Pot with good Broath, and seeth them well with a bundle of herbes; Stove your Bread, and Garnish it with your Thrushes, Beef-Pallats, and Mushrooms, then serve.

36. *Potage of Tortoise.*

Take your Tortoises, cut off the Head and Feet, seeth them in Water, and when they are neer sodden, put a little white Wine therein

therein, some fine Herbes, and some Lard. When they are sod, take them out of the shell, and take out the Gall, cut them into peeces, and pass them in the pan with good Butter, then stowe them in a dish, as also your Bread, with some of your Broath, Garnish it with your Tortoiles well seasoned, with Sparagus cut, with juice and with Lemon, then serve.

37. Potage of sucking Pigge.

After you have dressed him neatly, cut it into ~~five~~ peeces, whiten them in some Broath or fresh Water, and put them in the Pot with good Broath, put some fine Herbes to it, and a peece of Lard, but have a care they do not boil drie; Stove your Bread, and Garnish it with your Pigge, the Head in the midst of the quarters, and the Purtnances or Abatis round about the dish, then serve.

38. Potage of minc'd Mutton.

Take a joint of Mutton, mince it with beef suet, or Marrow, and stowe it in a Pot, stowe also your Bread in a dish with the best of your Broaths; After this, Garnish it with your Achis, or minc'd meat, together with juice, Combes, Beattilles filled with dry Bread, otherwise Tailladins, that is, peeces of Bread of the length and bigness of a finger, in the shape of Lardons, which you shall pass in the pan with good butter, untill they be brown, and as it were roasted, and stowe it well also, then serve.

39. *Potage of Knuckle of Beef.*

Smother it well in a Pot, untill it be almost boiled to peeces, and well seasoned with a bundle of herbes, Cloves, Capers, Mushums, Truffles; Then stove your Bread, and Garnish it with your Knuckle and it's implements.

40. *Potage of Capon with Rice.*

Take a Capon, dress it well, and put it in the Pot with good Broath well seasoned, take your Rice well pickt, wash and dry it before the fire, then seeth it by degrees with good Broath; Stove your Bread, put your Capon on it, and Garnish it with your Rice; if you will, you may put some Saffron to it, and serve.

41. *Potage of Pullets with Rice.*

It is made after the same way as the Capon; Dress them, truss them up, put them in the Pot, and season them alike; Make your Rice ready the same way, your Bread being stoved and Garnished as above said, serve.

42. *Potage of Knuckle of Beef with Tailladins.*

Whiten your Knuckle, seeth and season it well, and with the Broath seeth also your Tailladin; You shall put with it an Onion stuck with Cloves, and a little thin, then stove your Bread, and Garnish it with the Knuckle and with your Tailladins, which are peeces of Bread of the length and bigness of one finger, passed and fried in the pan

pan with Butter, or Lard, as above said, in the 38th. Article; If you will, you may put some Saffron in it, then serve.

Capon with Tailladin, and all other meat is done the same way, and being made ready thus, it shall be called such meat with Tailladin.

43. Potage of the Boyler, or great Pot.

Stove some crusts of brown Bread with some good broth of your boyler, great pot or beefe pot, seasoned with pepder, salt, and a little mine'd parsley, then serve; the first cuttings of loafes are served in the like manner, without parsley or pepper if you will.

44. Potage of a Calfs-head fry'd.

When it is sodden, take out the bones, and cut it into as many peeces as you will, then flower it and fry it with butter or lard, then stove your bread, and garnish it with what you have fry'd; serve the dish well filled and garnished, as with mushrooms, pom-granats, or sliced lemons, and juice of lemons.

45. Potage of fryed Mutton with Turnips.

Take the upper ends of the breasts of mutton, fry them, and seeth them well, untill they be fit to receive the turnips, which after you have cut them into slices or peeces, and also well fried, you shall put with your mutton well sod, & seasoned with clove, salt, and a bundle of hearbs; stove your bread, and take up; If your potage is not thick enough, fry a little flowre into the broth for to thicken

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en it, and mixe with it some white pepper and vinegar, then serve.

46. *Potage of the handles or knuckles of shoulders with Ragoust.*

When your handles or knuckles are white-ned in fresh water, floure them, & pass them in the pan with butter or lard, seeth them in an earthen pan with al the implements which can abide seething, as sparagus, mushrums truffles, stove your bread or crusts with good broth, and garnish it with your handles or knuckles, sparagus, mushrums, and all what you have, then serve.

47. *Potage of roasted Woodcocks.*

After they are roasted, put them in the pot with good broth and a bundle of hearbs, & seeth them well; then stove your bread, and garnish it with your woodcocks, and all what you have, then serve.

You may also doe in the same manner, as of the marbled partridge.

48. *Halfe a Bisque.*

Take pigeons somewhat big, open them, and seeth them as the Bisque, whereof you will easily finde the making, if you have recourse to the table, garnish and season them also the same way, so that it may be as good as the bisque, if you can, then serve.

49. *Jacobin's potage with cheese.*

Take a Capon garnished with his bones fitted, as wings and legs, & some cheese, whereof you shall make as many beads as of flesh, and you

you shall besprinkle all with almond broath,
if you can ; If it be not thick enough, allay
two or three eggs , and give it colour with the
freshevell. Now to make your broath the
better, stamp the bones, and boyle them with
the best of your broaths, well seasoned ; stove
your bread , which you may garnish with
pistaches, lemons or pomegranats, then serve.

A Table of the farced Potages.

P otage of farced capons.	1
Potage of young pullets without bones farced.	2
Potage of pullets farced.	3
Potage of young pigeons farced.	4
Potage of farced ducks.	5
Potage of knuckles (or leggs) of veal farced	6
Potage of breast of veal farced.	7
Potage of calfe's head without bones farced.	8
Potage of lamb's heads without bones farced	9
Potage of joint of mutton farced.	10
Potage of farced goose.	11
Potage of farced partridges.	12
Potage of turkie farced.	13

*2. How to make Farced Potages.**1. Potage of Capons farced.*

After they are well dressed, take out the bones at the necke, and fill them up with all kind of beatilles, as young pigeons, the flesh of capon well minced with beefe or mutton suit, and when they are well seasoned and trussed up, put them in the pot with good broth, leeth them, and stowe your bread, which you shall garnish with your capons, and all sorts of beatills, and serve.

2. Potage of farced cockerels without bones.

After they are dressed, take out the stomach bone, fill them with *godiveaux*, which you shall make with the flesh of veale minced with raw yolkes of Eggs, chibbals, parsley, pepper, or spices according to your tast, all seasoned with salt, and after they are trus'd up and whitened, put them in the pot, and garnish them with good seasoning, then stowe them well, take up, and garnish with what you have, and serve.

3. Potage of pullets farced.

When they are well dressed, whiten them in fresh water, take up the skin of them with the finger, and fill them with a *farce* made of veal or brawn of capon, with luet and yolks of eggs, all well minced and mixt together, truss them up, and put them in the pot with good broth, stowe your bread, garnish it with your pullets, hartichoks, bottoms, and sparagus, then serve

4. Potage of young pigeons farced.

After they are well scalded, dressed, the skin taken up, and filled as the pullets, whiten them in fresh water, and put them in the pot with good broath, seeth them proportionably, and season them with a sheet of lard, then stove your bread, and garnish it with your pigeons with their livers and wings with the juice of a leg of mutton roasted at the spit, and serve.

5. Pottage of Ducks farced.

Draw them at the neck, fill them up with all the good things you have, as young pigeons, mushrums, truffles, sweet breads, and other like, make your farce of a leane peece of fresh pork, minced with raw yolkes of eggs, parsley, chibols, pepper or spice, as you like best; sow your Ducks up again, whiten them in fresh water, and put them in the pot with good broath, seeth and season them well; allay a little flower with broth for to thicken your potage, then stove your bread, and garnish it with your ducks, and all what you have, then serve.

6. Potage of legs of veale farced.

Cut these legs as farre as the loyne, take up the skin of them very neatly, and truss up the end of the handle or knuckle, then steep them in fresh water; take the flesh of them and take out the sinewes, mince it with beefe or mutton suet, lard, yolks of eggs, and fine hearbs; when all is well minced & seasoned, fill them, and

and put them in the pot with good Broath, seeth them, and put in some Herbes according to the season, or a little white Succory; stove your Bread, and Garnish it with these leggs, which you shall whiten with yolks of Eggs, and Verjuice if you will, then serve.

7. Potage of a farced breast of Veal.

Take a breast of Veal, open it at the nether end, make a farce with a little meat and suet, the crum of a loaf, and all kinds of good Hearbes, mince and season all; whiten this breast, and put in the pot with good broath; Seeth it with Capers, Succory or Hearbes minced, stove your Bread, Garnish it if you will, and serve.

8. Potage of a Calfe's head farced without bones.

After it is well scalded, take up the skin thereof, seeth it, and when it is sodden, take out the bones, take out the brains and the eyes, for to set them in their place again; mince well the flesh with Beet-suet or Marrow, and raw yolks of Eggs, for to thicken the farce, then set the brains and the eyes into their room again; When it is farced, sow it neatly up again, whiten it well in fresh water, and put it in the pot with good Broath; seeth it well; and next, take some Calfe's feet, and fric them into Ragoust, seeth them half in water, cleave them in the middle, and passe them in the pan with Butter or Lard, put them into your pot with some Capers

The French Cock.

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pers; then stove your Bread, Garnish it with this head and feet with the Capers, and serve.

9. Potage of Lamb's heads without bones farced.

Do as with the Calfe's head; after they are well scalded, take up the skin, seeth them, and when they are sodden, take the meat of them, and mince it with suet and Lard well seasoned according to your liking; Farce them with a piece of Liver, and of lights of Lamb, Beef-suet or Marrow, raw yolks of Eggs, parsley and fine Herbes, all well minced together, and whiten it, then put it in the pot with good Broth; seeth them well, and season them with fine Herbs; Stove your Bread, and Garnish it with the heads and Purtenances, which you shall whiten if you will with yolks of Eggs allayed with Verjuice, and serve.

10. Potage of a joint of Mutton farced.

Take a joint or two of Mutton, take out the bones, and mince the flesh very small with suet and Lard, then farce the skin with it, and sew it up very neatly, so that the end of the knuckle be very clean, and all well seasoned with salt and spice according to your taste; put it in the pot, and seeth it well with a bundle of Herbes, Capers, and Turnips; Stove your Bread, take up, and Garnish it with your Turnips, then serve.

11. Potage

11. Potage of Geese farced.

After they are drest, take out the brisket, and farce them with what farce you will, then flowre them, and put them in the pot with good Broath; Stove your Bread and Garnish it with your Geese, with Pease, Pease-Broath, or what you will, and serve.

12. Potage of Partridges without bones, farced.

Take out the brisket, and take some Veal or some Capon-flesh, mince it, and season it according to your liking with Salt and Spice, or fine Herbes; Farce your Partridges with it very neatly, put them in the pot with good Broath, and seeth them well with a bundle of Herbes, stove your Bread, and Garnish it about the dish with Sparagus, and bottoms of Hartichoakes, then serve.

13. Potage of Turkie farced.

After it is well dressed, take out the brisket, and take some Veal and some Suet, which you shall mince very small; thicken your farce with Eggs, & mix with it some Beattiles, or young Pigeons, raw yolks of Eggs, put it in the pot with good Broath, and seeth it well; put some Chestnuts in it, Mushrooms, and Truffles; stove one loaf of Bread, and Garnish it with what is in your pot, then serve.

For to make the bundle of Herbes, take Chibals, Parsley and Thime, and tie them together.

Potage of Entrees (or first courses) which can be made in the Armies, or in the field.

Turkie with rasberies. 1

Joint of mutton after the Cardinal's way 2

Knuckle (or legge) of veal after the Epigramme. 3

Loin of veal with pickle. 4

Ducks with ragoust. 5

Young pigeons with ragoust. 6

Young hennes with ragoust 7

White pudding 8

Saucidges of brawne of partridges 9

Andouilles Chitterlings 10

Servelats 11

Pickled pullets. 12

Knuckles of shoulders after the Olivier 13

Peece of beefe after the English way 14

Breast of Veal after the Estoffade. 15

Rosted partridge s with ragoust. 16

Neats tongue with ragoust. 17

Porcks tongue with ragoust. 18

Tongue of mutton with ragoust. 19

Rump of mutton with ragoust. 20

oynt of mutton after the Daube. 21

Turkie after the Daube 22

Five of hare. 23

Brest of mutton with aricot. 24

Lamb with ragoust. 25

Surlain of veale with ragoust 26

C

Peece

<i>Peece of beefe after the Daub</i>	27
<i>Joynt of mutton after the Legats way</i>	28
<i>Peece of beefe after the Marotte</i>	29
<i>Rump of mutton roasted</i>	30
<i>Peece of beefe and rumps of mutton after the naturall</i>	31
<i>Pigge after the Daub</i>	32
<i>Geese after the Daub</i>	33
<i>Geese with ragoust</i>	34
<i>Teale with ragoust</i>	35
<i>Turkie with ragoust</i>	36
<i>Pigge with ragoust</i>	37
<i>Loine of Veale with ragoust</i>	38
<i>Larks with ragoust</i>	39
<i>Liver of veale fried</i>	40
<i>Veals feet and trotters with ragoust</i>	41
<i>Fat tripes with ragoust</i>	42
<i>Fried pullets</i>	43
<i>Young pigeons fried</i>	44
<i>Fricandeaux</i>	45
<i>Veale fried (or a fricasse of veale)</i>	46
<i>Fillet of veale with ragoust</i>	47
<i>Shoulder of veale with ragoust</i>	48
<i>Shoulder of mutton with ragoust</i>	49
<i>Brest of veale fried</i>	50
<i>Loyne of roe-buck (or wild-goate) with ragoust</i>	51
<i>Small ribbs (or steakes) of mutton with ragoust</i>	52
<i>Beefe after the mode</i>	53
<i>Beefe after the Estoffade</i>	54
<i>Young rabbits with ragoust</i>	55
<i>Loyne</i>	

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3. *The way of making meat ready for the first courses.*

1. *Turkie with Raspis.*

When it is dressed, take up the brisket, and take out the flesh, which you shall mince with suet and some little of Veal-flesh, which you shall mix together with yolks of Eggs & young Pigeons, & all being well seasoned, you shall fill your Turkie with it, and shall season it with Salt, Peper, beaten Cloves and Capers, then you shall spit it, and turn it very softly; When it is almost roasted, take it up, and put it into an Earthen pan with good Broath, Mushrooms, and a bundle of Herbs, which you shall make with Parsley, thyme and Chibols tied together; for to thicken the sauce, take a little Lard sliced, pass it in the pan, and when it is melted, take it out, and mix a little flower with it, which you shall make very brown, and shall allay it with a little Broath and some Vinegar; then put it into your Earthen pan with some Lemon-juice, and serve.

If it be in the Raspis season, you shall put a handfull of them over it, if not, some Pomgranate.

2. *Joint of Mutton after the Cardinal's way.*

Take a Joint of Mutton, beat it well, and Lard it with great Lard, then take off the skin, blowe it and pass it in the pan with
some

some Lard, and seeth it with good Broath, a bundle of parsley, thime and Chibols tied together, Mushrooms, Truffles or Beatiles well fried, and let the sauce be well thickened, then serve.

3. *Legs Or Knuckles of Veal Epigramme way.*

After they are well whited in fresh water, flowre them and pass them in the pan with melted Lard or fresh Seame; then break them and put them in a pot well seasoned with Salt, Peper, Cloves, and a bundle of Herbs; put an Onion with it, a little Broath and a few Capers, then flowre them with some past, and smother them with the Pot-lid, seeth them leisurely thus covered for the space of three hours, after which, you shall uncover them, and shall reduce your Sauce untill all be the better thereby; put some Mushrooms to it, if you have any, then serve.

4. *Loin of Veal with Pickle.*

Beat it well, and Lard it with great Lard, Pickle it with Vinegar, Peper, Salt, Spice, Clove, Lemon, Orenge, Onion, and Rosemary, or Sage; after that, spit it and rost it, and baste it with the sauce untill it be roasted; When it is roasted, stove it in the sauce, which you shall thicken with Chipings or clean flowre allayed with Broath, and shall Garnish your dish with Mushrooms, Beef palats, or Sparagus, then serve.

5. *Ducks*

5. *Ducks with Ragoust.*

Lard them with great lard, and pass them in the pan, then put them into an earthen pan or into a pot, and put therein some good seasoning with salt, beaten spice, chiboles, and parsley according to your pallat; seeth them well, and garnish with what you shall finde to come neereſt to the colour, then serve.

6. *Young Pigeons with ragoust.*

Plume them dry, draw them, and pass them in the pan with lard, or fresh seame, put them in the pot with good broth, and seeth them with a bundle of hearbs; when they are sodden, garnish them with their livers, and with sweetbreads of veale, let all be well seasoned with salt and spice, then serve.

7. *Young Henns in ragoust.*

[Take them after they are well mortified, and lard them with great lard, then pass them in the pan, after you have cut them into halſes, put them in the pot with good broth and a bundle of hearbs; season and seeth them well with truffles, mushrums, or some small peeces of roasted meat, to wit of mutton or fresh porke, for to give them savour; garnish them with their livers, pistaches, or lemon, then serve.

8. *White puddings.*

Take the gutts of mutton, and scrape them so that they be very cleere, then take foure pounds of fresh porke suet, and mince it very small; take also the brawne of two capons,

mince

mince them as dust, and mixe them with your Suet, next put to it fifteen raw Eggs, one pint of Milk, the crum of half a white loaf, season all well with the spice of Saucidges, and a little Anisfeed; the spice for Saucidges is prepared thus; Take Peper, Cloves, Salt, and Ginger, beat them well together, then powre all into the guts with a brasle or white latten instrument made for that purpose, and whiten them in milk & rost them on the Gridiron with a fat paper under them, then serve.

9. Saucidges with the brain of Partridges.

After your Partridges are rosted, take the brain out of them, and mince it very small, take some fresh porck suet, four times as much as of minced meat, mix all together, well seasoned as the white pudding, put also some milk to it proportionably, and powre all into some mutton guts, as the white pudding, which you shall also whiten in milk, and shall tie them at the ends; rost them leasurely upon some fat paper. If you will, you may powre it into the guts of a sucking Pig, or Turkie, then serve.

10. Andouilles, Chitterlings.

Take Chaldrons of Veal, and mince them (or cut them small) with some Pork suet, some Lard, and some Porks flesh, stove them all together in a pot; it being sodden and cold, you shall mix with it a little Milk, and some raw Eggs, then you shall powre it into the great gut of a Hog, with the same sea-

soning as the white pudding : Make some with half milk and half water ; when it is made, roſt it on the gridiron with a fat paper, and ſerve.

11. *Servelats.*

Take a Beefs gut, and ſcrape it well, take ſome lard, ſome pork, or mutton fleſh, or any other you will, and after you have minced it well, ſtamp it with peper, ſalt, white wine, clove, fine herbs, onion, and a little of freſh porks ſuet, then powre your implements into this gut, cut into peeces according to the length of a Servelat, which you ſhall tye at the end, and ſhall hang it on the chimney. When you ſhall uſe them, ſeeth them in water, and about the latter end, put into it a little wine, and ſome fine herbs ; when they are ſodden, you may keep them one moneth. **Serve.**

12. *Pullets pickled.*

Take your Pullets, cut them in two, and beat them, then ſteep them in Vineager, well ſeaſoned with ſalt and ſpice. When you will ſerve, flowre them, or elſe make for it a ſmall paſte with two raw eggs, and a little flowre allayed with theſe eggs ; fry them with melted lard or freſh ſeame ; and after they are fryed, put them in their pickle to ſtove a little, then ſerve.

*Knuckles, or Handles of Shoulders,
Oliveir way.*

Break them, and whiten them in freſh water,

ter, and wipe them, after they are flowred, passe them in the panne with lard, or fresh seame. When they are well fryed, put them in the pot with very little broath, and put a bundle of herbs with it, a little onion tryed with mushrooms, capers, stones, and beefs palats, all well seasoned with salt, spice, or peper; cover them with the lid, and make a peece of soft paste for to close up the pot, lest it doth take vent, put it on some few coals, and seeth them leasurely; then serve.

14. Peece of Beef after the English, or Chalon fashion.

Take a peece of beef, of the breast, and seeth it well; when it is almost sodden, take it up, and lard it with great lard, then spit it, with a pickle under it in the dripping pan. The pickle is made as for the loyn of veal; with this pickle you shall baste it with a bundle of Sage; if it sticks not fast to the spit, take some sticks, and tie it at both ends. After it is roasted take it off, and put it into an earthen pan, then stowe it with its pickle, untill you are ready to serve. Garnish it with what you will, with capers, or turnips, or with both together; or with beef palats, or parsley, or with the pickle it self, so that it be well thickned, then serve.

15. Breast of Veal after the Estoffade.

Let it be of a Veal very white and fat, put it in the oven in an earthen panne, and under-

neath some sheets of lard, and season it, then cover it, untill it hath taken colour, and that it be more than half baked : Afterwards fry into it some mushrums, palats of beef, capers, and sweet breads, so that they may mixe, and make an end of baking together.

16. Partridges with ragoust.

Dresse them, and stick them with three or four Lardons of great lard, then flowre them, and passe them in the pan with lard or fresh scam., then seeth them in an earthen pan, let them consume well, and season them wel with salt and spice. When you will serve, take some lard, and beat it in a mortar, mixe it with your ragoust, and serve.

17. Neats tongue with ragoust.

Lard it with great lard, then put it in the pot, seeth it, and season it with a sharp sauce ; when it is almost sodden, let it coole, stick it, spit it, and baste it with its ragoust, untill it be roasted, and after you have taken it off, stowe it in its sauce with a little onion stamped, a little lard, and a little vineager, then serve.

18. Forks tongues with ragoust.

Take them fresh, and passe them in the pan with lard, then seeth them well in a pot, and season them with a *haut goust*; when they are almost sodden, you shall mixe into them an Onion stamped, truffles, dry meale, and a little white wine, and shall stowe them in

in their own broth; when they are sod, serve.

19. Tongue of Mutton with ragoust.

Take many of them, and after they are well sodden, flowre them, and passe them in the panne, stowe them with good broth, and passe in them a little onion, mushrums, truffles, and parsley, all together, well seasoned with salt and peper according to your own palate, with a little verjuice and vinea-ger, then serve.

20. Loin of Mutton with ragoust.

Take it sticking to the joint, lard it all over with great lard, and seeth it with a peece of beef; when it is half sodden, take it up, flowre it, and passe it in the panne, then put it into an earthen panne with good broth, and season it well with mushrums, capers, beef palats; cover it, and let it seeth well, then serve.

21. Joint of Mutton after the Daube.

Lard it well with great lard, then put it in the pot, and season it well; when it is almost sod, put to it some white wine proportionably, and make an end of seething of it with fine herbs, lemon or orange peece, but very little, by reason of their bitterneffe; when you will serve it, garnish the brims of the dish with parsley, and with flowers.

22. Turkie after the Daube.

It is done after the same way as the joint of Mutton, except that you must bind it fast before

before you set it a seething, plentifully garnished with salt, and all kind of spice, the same seasoning, white wine, &c. Serve it with parsley.

23. Cive of Hare.

Take a Hare, cut it into peeces, put it in the pot with some broth, seeth it well, and season it with a bundle of herbs when it is half sodden, put a little wine to it, and fry into it a little flowre with an onion, and a very little vineager; serve with a green sauce, and readily.

24. Breast of Mutton into an aricot.

Pass it in the pan with butter or melted lard, then put it in the pot with broth, and season it with salt; when it is half sodden, passe also in the pan some turnips cut in two, or otherwise, mixe them together, without forgetting a little lard, fryed with a little flowre, an onion minced very small, a little vineager, and a bundle of herbs, serve with a short sauce.

25. Lamb with ragoust.

Roast it, then put it into an earthen pot with a little broth, vineager, salt, peper, clove, and a bundle of herbs, a little flowre, a little onion stamped, capers, mushrooms, lemon, orange peece, and all being well stoved together, serve.

26. Surloine of veale with ragoust.

Cut it into ribbes, flowre them, and passe them in the panne with lard, then put them

in the pot, and seeth them with a little broth, capers, sparagus, truffles, and when all is well stoved, serve.

27. Peece of beef after the daube.

After it is half sodden, lard it with great lard, and put it to seeth again with the same broth if you will; then after it is well sodden and seasoned, not forgetting the wine, serve as the leg (cut shoulder-wise.)

28. Joint of Mutton after the Legate's way.

After you have chosen it well, beat it well, take off the skin and the flesh off the knuckle, whereof you shall cut off the end; lard it with mean lard, flowre it, and passe it in the panne with lard or fresh seame. When you see it very brown, put it in the pot with one spoonfull of broth well seasoned with salt, peper, clove, and a bundle of herbs; you may put in it capers, mushrums, truffles; smother it with a lid closed up with flowre, neither too soft, nor too hard, allayed in water, and seeth it on a few coales the space of three h. ures. When it is sodden uncover it, and garnish it with what you have to put to it, as stones, bottomes of Artichokes, sweetbreads, and a short sauce, and about the dish lay cut lemon, or pomegranate.

29. Peece of beef after the Marrotte.

When it is almost sodden, lard it with great lard, then make a pasty of brown paste of the bigness of your peece of beef, well seasoned of all what you will, and garnished alike with capers.

capers. After it hath been seething a very long while with broth, passe into it onion and garlick stamped, then serve.

30. Loine of Mutton roasted.

After it is well roasted, take off the skin, cover it with salt, crummes of bread, and minced parsley; then passe it in the panne before, not on the fire, then serve with verjuice and parsley about the dish.

31. Peece of Beef, and Loine of Mutton after the naturall.

Take a peece of Beef from the Shambles, powder it with a little salt, not too much, lest you may have occasion to use the broth; seeth it well, and take off what hath been salted, as the skins: If you will, salt it again, and powder it with small salt; serve with parsley, or fryed bread about the dish, and sometimes with small pyes, or some thickning of ragoust.

The Loyne of Mutton after the natural is done as the peece of Beef; when it is well sodden, take off the skin, powder it with salt, garnish the dish about with parsley, and serve it warm.

32. Pigge after the Daube.

After it is well dressed, cut it into five parts, then passe on it a little of great lard, and put it with broth, white wine, fine herbs, onion, and being well seasoned with salt, and other ingredients, serve with parsley about the dish.

The

The short sauce remains with it into a gelee to serve cold ; you may put to it some Saffron if you will.

33. *Goose after the Daube.*

I ard it with great lard, and seeth it well, then put to it a pint of white wine, and season it wel with all what is fitting for a Daube. If you will passe it on the gridiron, and serve cut into four, with a *Sauce Robert* over it, you may .

34. *Goose with ragoust.*

Take a Goose, cut it into four ; after it is well beaten, flowre it, and passe it in the pan, then seeth it with some broth, season it with all kinds of spice, and with a bundle of herbs, garnish it with all its Abatis, or Giblets, which are the liver, gisard, wings, and neck ; let the sauce be short and thickened, with yolkes of egges allayed in verjuice, then serve.

35. *Teales with ragoust.*

After they are dressed, lard them with middle lard, passe them in the panne, and stove them with well seasoned broth, then put them again with a little lard and flowre, onion, capers, mushrums, truffles, pistaches, and lemon peelee all together, then serve.

36. *Turkey with ragoust.*

Cleave it, and beat it, then stick it, if you will, with great lard, flowre it, and passe it in the panne, and then stove it in an earthen panne with good broth, well seasoned and garnished

garnished with what you will; seeth it to a short sauce, and serve.

37. *Pigge with ragoust.*

After it is dressed, take off the skin if you will, then cut it into four, flowre it, passe it in the panne, being well seasoned for the taste; garnish it with capers, truffles, mushrooms, and serve with a short sauce.

38. *Loyn of Veal with ragoust.*

After it is well beaten, lard it with great lard, and spit it, then when it is half roasted, stowe it with good broth, and make a sauce with flowre and onion fryed, garnish with mushrooms, artichocks, sparagus, truffles, and its kidney sliced, serve.

39. *Larks with ragoust.*

After they are dressed; draw them, crush down their stomachs a little; flowre them and fry them with lard; after they are very brown, stowe them, and season them with capers and mushrooms; you may put in them some lemon peece, or some juice of a legge of Mutton, or some orange, or a bundle of herbs; take off the fat, and serve with what you have to serve.

40. *Liver of Veale fried.*

Cut it into very thinne slices, then passe them in the panne with lard or butter, well seasoned with salt, paper, onion minced very small, and one drop of broth; vineager, or verjuice of grapes; and for to thicken the sauce, put therein some chippings of bread well

well fryed ; you may serve it without stoving, lest it should harden, with capers, mushrooms, and garnished about the dish with what you have.

41. Calf, and Sheeps trotters with ragoust.

After they are well sodden flowre them, and passe them in the panne with lard, or fresh seame ; then stove them with a little broth, a little verjuice, a bundle of herbs, a peece of lemon, and some flowre fyled, all well seasoned, and the sauce short, mixe some capers with it, and serve.

The Sheeps trotters are done the same way, after they are well sodden, and the worm taken away, flowre and fry them with lard or fresh seame, and stove them with a little broth and verjuice, a bundle of herbs, a peece of lemon, and flowre fryed, all well seasoned, and a short sauce, mixe some capers with it, and serve.

42. Fat tripe with ragoust.

After it is very white, and well sodden, cut it very small, fry it with lard, parsley, and chibols, and season it with capers, vineager, flower fryed, and an onion ; stove it, and serve.

You may also another way, mixe with it yolkes of egges and verjuice for thickening.

Another way.

Take it very fat, cut it and powder it with salt, and crummes of bread, rost it on the gridiron

gridiron, and season it with verjuice of grapes, or vinegar, or juice of orange, or of lemon, then serve.

43. *Pullets fried.*

After they are dressed, cut into peeces, and well washed, boyl them in good broth, and when they are almost sodden, drain them, and then fry them. After five or six turnes, season them with salt and good herbs, as parsley, chibols, &c. allay some yolkes of egges for to thicken the sauce, and serve.

44. *Young pigeons fried.*

After they are well scalded, cut them into peeces, and passe them in the panne with lard and butter, half one, half other; when they are well fryed, throw into it chibols, parsley, sparagus, peper, salt, bearen cloves, besprinkle them with broth well seasoned, and serve them whitened, or not.

45. *Fricandeaux.*

For to make them, take some veale, cut it into small slices, and beat them well with the knife hatt, mince all kinds of herbs, beef, or mutton suet, and a little lard, and when they are well seasoned, and allayed with raw eggs, rowle them among those slices of flesh, for to seeth them in an earthen or tourture panne; when they are sodden, serve them with their sauce.

46. *Fricasse of Veale.*

Take some veale, and cut it into thinner slices, flowre them a very little, and passe them

ses, hem in the panne, and season them with salt,
on, with an onion stuck with cloves, then stowe
them with a little broth, and the sauce being
thickned, serve.

47. *Fillet of Veale with ragoust.*

and Lard it with great lard, spit it, and roast it
and little more than half; stowe it with a little
m, broth, and a bundle of herbs, and cover it
es, as well; when it is sodden, serve with a sauce
of thickned with chippings of bread, or with
ve. flowres and an onion; serve it garnished with
truffles and mushrooms.

48. *Shoulder of Veal with ragoust.*

in- Whiten it, and flowre it, then pass it in the
ith panne, when it is very brown, stowe it in an
en panne when it is almost sodden, sea-
ls, son it with a bundle of herbs, all kinds of
es, beatilles, mushrooms, fry into it a little flowre,
d, a little onion minced, and a little vinegar,
then serve.

49. *Shoulder of Mutton with ragoust.*

it Beat it well, and take off the skinne, then
ith flowre it, and pass it in the panne with butter
ef, or melted lard, then stowe it with good broth,
en a bundle of herbs, and a good seasoning, gar-
aw, nish it with what you have, among other
sh, things, with capers, and serve.

50. *Breast of Veale fried.*

After it is whitened, seeth it in a great
brasse pot, or in another pot; it matters not
ne if it doth seeth with other meat; after it is
sle sodden, open it between, and make a liquid
em paste

paste with a little flowre, eggcs, salt, and a little parsley, then wet it with this seasoning; next, fry it with fresh seame, or melted lard; when you have taken it out, throw over it one handfull of very green parsley, and very dry, that is, passed in the panne with butter very hot, and very brown, serve.

50. Loine of Roebuck with ragoust.

When it is well stuck, spit it, and when it is half roasted, baste it with peper, vineager, and a little broth; thicken the sauce with some chippings of bread, or allayed chippings, then serve.

52. Small ribs of Mutton with ragoust.

Slice them, then beat and flowre them, then passe them in the panne, after they are fried, put them with good broth and capers, and all being well seasoned, serve.

53. Beeffe a la mode.

Beat it well, and lard it with great lard, then seeth it in a pot with good broth, a bundle of herbs, and all kind of spices, and when all is well consumed, serve with the sauce.

54. Beef after the Estoffade.

Cut it into very thinne slices, and being well beaten, flowre them, and passe them in the panne with lard; then put them in an earthen panne, or in a pot with good broth, all well seasoned, serve with a sharp sauce.

55. Young Rabbits with ragoust.

You may fry them as Pullets, or passe them in

and in the panne with a little flowre mixed with
the butter, then stowe them with good
broth, and season them with capers, juice of
orange or lemon, and a posie, or chibol;
and serve.

Another way.

After they are roasted, cut them into peeces,
passe them in the panne, and stowe them in a
dish with juice of orange, capers, a few chip-
pings of bread; let the sauce be of *haut goust*,
and short; serve.

56. *Loine of Fork with a sauce Robert.*

Lard it with great lard, then rost it, and
baste it with verjuice and vineager, with a
bundle of sage. After the fat is fallen, take
it for to fry an onion with, which being fry-
ed, you shall put under the loyn, with
the sauce wherewith you have basted it. All
being a little stowed together, lest it may
harden, serve. This sauce is called *sauce*
Robert.

57. *Partridges after the Estoffade.*

Lard them with great lard, and passe them
in the panne with butter or melted lard;
when they are very brown, put them in the
pot with good broth, and sceth them well
seasoned. For the garnish, you shall have
truffles, mushrooms, fried sparagus, where-
with you shall stowe them, serve with lemon
and pistaches. If the sauce be not thickned e-
nough, take a little flowre, or of your thick-
nings, and do not thicken it too much, lest it
be too thick.

58. *Capon*

58. *Capon with Oysters.*

After your Capon is dressed, and barbed with lard, and with butter'd paper over it, roast it, and as it roseth, put under it a dript ing panne; after you have well clenfed your Oysters, you shall whiten them, if they are old: when they are well clenfed and whiten ed, passe them in the pan with what is falle from your Capon, and season them with mushrooms, onion stuck, and a bundle of herbs. After they are well fryed, you shall take the bundle of herbs and the rest, you shall put it into the body of the Capon, which you shall stowe with a few capers, then serve.

59. *Young Ducks with ragoust.*

After they are dressed, pass them in the panne with butter or lard, then stowe them in an earthen panne with good broth, and a bundle of herbs, all well seasoned; when they are well sodden, and the sauce well richened, put in it capers, mushrooms, truffles, and serve.

60. *Tongues of Mutton fryed with ragoust and fritters.*

Take your Tongues, cleave them in the midst, then passe them in the pan with butter or melted lard, and season them well, then put them into a dish with verjuice and nutmeg; afterwards take a little flowre and allay it with an egge, and the sauce which is under your tongues, which you shall powre into the

plements ; fry it with melted lard, or fresh
scame ; after it is fryed, throw into the pan
one handfull of parsley, and have a care that
it may remaine very green ; serve them dry,
or with a pickle, and the rest of your sauce.

61. Liver of Veale with ragoust.

Lard it with great lard, and put it in the
pot well seasoned with a bundle of herbs, o-
range peece and capers ; and when it is well
sodden, and the sauce thickned, cut it into
slices, and serve.

62. Stewed Pullets.

Cut them very small, and seeth them with
a little broth, white wine, and very new
butter, season them with chibols, and parsley
minced together ; when they are sod, allay
some yolks of egges, with some verjuice for
to thicken the sauce, and serve.

63. Calves head fryed.

After it is dressed and sod, you shall take
out the bones, then you shall make a liquid
paste with egges well seasoned ; dippe this
head into it, and fry it with fresh scame ; after
it is well fryed, powder it with salt, juice of
lemon or verjuice ; then serve it with fryed
parsley.

64. Liver of Veale sticked.

Stick it very thick with Lardons, then spit
it, and make a pickle under it, wherewith you
shall baste it as it doth rost, to the end that
the pickle may turn it self into a sauce ; after
it is roasted, stove it with capers, and serve.

You

You may use Veale liver for to thicken sauces ; and at other times for to make Gray pudding.

65. Abbatis, or Purtenances, or Giblets, of Turkie.

Whiten them in fresh water, and seeth them with good broth, when they are almost sod, pass them in the panne with lard, and good seasoning ; let the sauce be short, and serve.

66. Shoulder of Wildboare with ragoust.

Lard it with great lard, then put it into a kettle full of water, with salt, peper, and a bundle of herbs ; take heed you doe not season it too much, because the broth must be reduced to a short sauce : When it is more than half sod, you shall put to it a pint of white wine, clove, and a leaf of laurel or bay, or a twigge of rosemary ; then when it is well sod, and the sauce short, you shall thicken it, which for to doe, you must melt some lard, and fry a little flowre into it, then put to it an onion minced very small, give a turne or two in the pan, and powre it into your sauce, which you shall stove with capers, and mushrooms, after all is well seasoned, serve.

67. Legs of Roebuck, or Wild-goate.

They may be done as the shoulder of Wildboare ; as also the loyne and the shoulder ; or else after you have larded them with great lard, you may pass them in the panne, likewise with some lard and flowre, after which
you

you shall seeth them with broth , and shall thicken the sauce alike.

68. *Pigge farced.*

Take him from under the sow, blood him in water ready to boyl, scald him, cut him between the thighs, take up the skinne, the tayl, the feet, and the head, then let them steep till you have use for them ; let the body alone, you will finde it afterwards well enough ; for to farce it take some veale and beef-suet, ruffle them well after the way of *Gaudiveau*, then fill the skinne with it, with mushrums passed in the panne, young pigeons, sweetbreads, a bundle of fine herbs, and with all what you have, untill it hath the shape of a pigge, sowe up what is open, trusse it up, and whiten it in water, ready to spit it. An houre and an half before dinner spit it through the head, wrap it up with buttered paper, and tie it at both ends with splinters of wood, and as it is roasting baste it with butter. When it is roasted, take off the paper and the thread, so that it may not seem to have been farced, then serve.

The body of this *Pigge* being dressed, whiten it but very little, itick it well, and rost it as if it were whole, or like a Lamb ; when it is roasted, you may serve it with a green sauce.

69. *Calfes feet fried.*

After they are well sod, cut them very small, and pass them in the panne with lard or butter

ter ; after three or four turnings, put to it chibols; and parsley minced together. Immediately after put into it a very little of both, and season all well. When it is ready to serve, allay some eggs proportionably to your meat ; as for four feet, three eggs, with verjuice of grapes, or common verjuice ; you may use Gooseberries instead of verjuice of grapes; then your sauce being short, mixe your thickening with it, and serve.

Sheeps trotters are done the same way, take them very white, and well sod, cut them very small, and take out the worm which is in them, then fry and season them with parsley and chibols minced together; make your thickening as above said, mixe it, and serve.

70. Mutton tongues roasted.

Dresse them and cut them in the midst, then bestrew them that some crums of bread, and small salt may stick on them, and put them on the gridiron ; make a sauce with little broth, new butter, chibols and parsley whole, a few chippings, salt, peper, nutmegs, all passed together in the panne, then stove the tongues with the sauce ; when you are ready to serve, garnish your plate or dish, if it is in winter, with capers, lemon juice, or mushrooms, then serve.

Another way.

After they are sod, season them, and cut them in the middle, then fry them with a liquid paste. Serve with lemon juice, and fried Parsley, then garnish.

Another way with ragoust.

Clense them well, take off the palats, and cut them in the midst, put also on them crums of bread, and small salt, rost them, and after they are rosted, put them in the dripping-panne under the rost meat; make a sauce with parsley, chibols, or onion minced small, fresh butter, and verjuice of grapes, and when you are ready to serve, allay the yolkes of eggs in your sauce, and powre it on your tongues, then serve readily.

Another way.

Take your Tongues half sod or rosted, dress them, then stove them in a pot with some broth, and pass them in the panne with melted lard, a little meal, some minced onion, all well seasoned, serve them garnished with what you have, among the rest, with minced capers, with a short-sauce.

Another way.

After your Tongues are rosted and sticked, serve them stoved in a short sauce, thickned as above; or else you may stove them with a sweet sauce.

71. Achis of rost meat.

The Achis of rosted meat, be it Gallima-free, or other, is thus made. After you have taken up the skinne, cut the shoulder near the handle, take out the bones out of the handle, and put the skinne before the fire; you shall also take out the spade bone, and mince the meat very small with capers and

parsley ; which being done, stowe it with a chibol or an onion sticked, all well seasoned ; and to the end that your Achis be the more dainty, put in it a little crummes of bread and new butter, if you will ; put it into a dish or on a plate, and besprinkle it with its juice, or with some other, and the skinne over it, then serve ; you may garnish it with pomgranate, lemon, or sod bread.

The Achis of Partridge is done the same way, except that you may feed it with juice, and garnish it with what you will think fit.

72. *Haslets.*

Take a fillet of Veal, cut it into very thinne slices, where there is no strings ; stick your slices with lardons, and bake them in a tourtre panne covered, then stowe them with a little broth, thicken your sauce, and serve them garnished.

73. *Achis of raw meat.*

Take what meat you will, take out the strings, and mince it well, whitened or not, mince with it twice as much of beef suet near the Kidney, having taken out the fillet ; then, when all is well minced, and well seasoned, allay it with broth, and stowe it, you may garnish it with Chesnuts, or what you shall have fit to garnish with ; when it is sod, serve with fat.

74. *Poupeton.*

Take some flesh of veale, and beef suet, or mutton

mutton suet, mince them well together, and season them, mixe some eggs with it for to allay the farce, and then cut three or four bards of lard, over which you shall spread your minced flesh, which you shall cover with young Pigeons, beatilles, sweetbreads, sparagoes, mushrums, yolks of egges, stones, combes, hartichoaks, and over all that, you shall yet put some flesh, and all being well seasoned, bake it, then serve.

75. *Tourte of lard.*

Take some Lard, cut it, and melt it between two dishes, season it like the Marrow tourte, which you shall find in the next article; when it is baked, serve.

76. *Tourt of Marrow.*

Take some Marrow, and melt it, after it is melted, fry it, and mixe it with sugar, yolks of eggs, pistaches, or almonds stamped; next make a very thinne sheet of fine paste, on which you shall lay your implements, binde it if you will; bake it, and serve it sugred.

77. *Tourte of young Pigeons.*

Make your paste fine, and let it rest; then take your young Pigeons, clense and whiten them; if they are too big, cut them, and take gaudiveaux, sparagoes, mushrums, bottoms of hartichoaks, beef marrow, yolks of eggs, cardes, beef palats, truffles, verjuice of grapes, or gooseberries; garnish your Tourte with what you have, without forgetting the seasoning, then serve.

78. *Tourt of Veale.*

Take a peece of Veal, whiten it, and mince it with twice as much of beef suet, after it is well seasoned, make a sheet of fine paste, put your meat on it, in the middle of which you shall put what you have, as *beatilles*, &c. Sugar it if you will, and when it is baked, serve.

79. *Pie of Capon without bones.*

After you have taken out the bones, farce it within with all kinds of *beatilles*, and *ovillets*, mushrooms, truffles, marrow, capers, *cardes*, sweetbreads, and *gaudiveaux*, when it is farced, dresse it up on fine paste, binde it with buttered paper, tye it with a thread, and cover it well seasoned, when it is baked, serve.

80. *Pie of Gaudiveau.*

Dresse up your paste into an ovall, garnish it with your *Gaudiveaux*, in the midst of which you shall put all kinde of garnish, as mushrooms, the livers of fat capons, *cardes*, yolks of hard eggs, sweetbreads, and season all well, binde it at the top with paste, and when it is baked, serve with a sauce of verjuice, yolks of eggs and nutmegs.

81. *Pie of Affiette.*

Take some flesh of Veal and Beef, or Mutton suet, make with them a kind of *gaudiveaux*, then dresse up your paste very neatly half a foot high, and fil it with a bed of flesh, and over it another bed of mushrooms, another of *cardes* or *cardeaux*, or of young Pidgeons,

ons, beef palats, stones, and yolks of eggs, so that the upper bed be of your *gaudiveaux*, cover and season it, then serve.

82. *Pie after the Marotte.*

Take some Rye flower, which you shall salt, make your paste with it, and dresse it up in the shape of a pie, then take a hare or two, or two joints of mutton with a little beef suet, which you shall mince together very small, and season it, then make up your pie, on the top of which you shall leave a vent; after it hath been baking three houres, take it out, and fill it with good broth, put it into the oven again, and when it is quite baked, serve.

83. *Pie after the English.*

Take a young Hare, or a Hare, mince it well with beef, or mutton suet, or even with the brawn of Capon, mixe wel ail together, and season it, put in it, if you will, capers and sugar. Make your paste thus; after it is flowered, spread it, and plate it into three or four doubles, as a napking, laying some new butter on each bed of the paste, so that to one pound of paste, there be half a pound of butter proportionably. After it is thus made, let it rest a while, and then make up your pie, which you shall garnish at the outside with butter'd paper; bake it well, endore it with the yolk of an egge, and serve.

84. *Pyes after the Cardinal's way.*

Make up your Pies very high and very nar-

Now, fill them up with *gaudiveaux*, and cover them so, as the lid be also very high; then serve them, specially for a garnish to a peece of beef, or upon a plate.

85. *Pullets with ragoust in a bottle.*

Take all the bones out of a Pullet; put the skinne thereof into a bottle without oter, and leave without the overture or hole of the neck, which you shall tie to the neck of the bottle, then make what farce you will, with mushrums, truffles, sweetbreads, young pidgeons, sparagus, and yolks of eggs, wherewith you shall fill up the Pullet or Capons skinne, which you shall tye up, and let slip into the bottle, which must be stopt with past; seeth your Ragoust well seasoned in the great pot, out of which you shall take it, a little before you serve, and stove it before the fire, and when you are ready to serve, cut this bottle with a diamond, so that the bottome may remain full and whole, then serve.

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*The way of dressing and serving meat
for the second Course.*

1. The Pheasant.

Whiten it on the fire, that is, plump it on the Gridiron, and leave it one wing, the neck, the head, and the taile, stick it with lardons, and wrap up what hath feathers with butter'd paper; roast it, serve, and unwrap it.

The Henne, and the *Rouge* are done the same way.

2. The Turtle dove.

When it is dressed, stick it, and spit it.

3. The young Hare.

After it is dressed, whiten it on the fire, endore it with its blood, stick it, and spit it; when it is roasted, serve with a *Potirade*, or with a sweet sauce.

4. The Quaille.

After it is dressed, whiten it on the fire, and barde it with a barde of lard, which you shall cover with vine leafe in their season; when it is roasted, serve.

5. The Partridge.

After it is dressed and whitened on the fire, you must stick it well, roast it, and when it is roasted, serve.

6. The Capon.

After it is dressed, if it be exceeding fat, *barde* it with a fat paper, and put into it an onion stuck, some salt and a little pepper, when it is roasted, serve.

7. Young Pidgeons roasted.

As they come out of the Dovecoat, blood them in water, then scald and dress them; you may *barde* them if you will with Vine leaves over them, or stick them; when they are roasted, put a *poivrade* under them, and serve.

8. Pullets fed with corn, or cram'd Pullets.

You must plume them dry, dress them and whiten them on the fire, then stick or *barde* them, roast them, and serve.

9. Turkje.

It must likewise be plumed dry, whiten it on the fire, roast it, and serve.

10. Young Ducks.

Dress them, and whiten them on the fire, and if you will, stick on them four little roses of lardons upon the four joints; when they are roasted, serve with a *Poivrade*.

11. The Wild-pigeons.

After it is well dressed, stick it, spit it, and serve.

12. Cockerels.

12. Cockereels.

Dresse them, and whiten them on the fire, then stick and rost them, and serve.

You may serve them dry, or with a sauce made with water, salt, peper, and chibols minced.

You may also serve them with ragoust, as the Sea-henne, of which hereafter.

13. Lamb.

If it is fat, after it is roasted, throw on it the crums of bread with a little salt and parsley, if you will, and serve.

14. Teales.

After they are well dressed, spit them, and when they are roasted, serve them with Orange.

15. Goose.

As it comes from the mother scald and dress it, cut off the neck close to the body, and the legs, and after it is whitened on the fire, and trussed up, set it a roasting, and make a farce to put under it, with its liver, and store of good herbs minced together, which you shall passe in the panne with lard or butter, and some yolks of eggs, all well seasoned, and serve.

16. Young Wildboare, or Grice.

Take off the skinne as farre as the head, dress it, and whiten it on the fire, cut off the four feet, stick it with lardons, and put in the body of it one bay leaf; or some fine herbs; when it is roasted, serve.

17. Young

17. Young Rabbits.

Dresse it, whiten it on the fire, stick and rost it with verjuice under it, and serve.

After it is rosted, you may put some salt, a little peper and juice of orange in the body of it, and stirre all well together, then serve.

18. The Thrush.

After it is pulled, truss it up, and whiten it, stick it and spit it; put a tost under it, and a sauce with verjuice, a little vineger, onion, and orange peece, then serve. So is done the Fieldfare.

19. The Rayle.

It is done as the Thrush, without drawing it, serve.

20. Young Partridges.

Dresse them and whiten them on the fire, stick them with lardons, rost it with verjuice under it, then serve.

21. Young Quails.

They must be barded with vine leafe in the season.

22. Young Turkies.

Pull them warm, let them mortifie, then dress them, and whiten them on the fire, stick them and rost them, then serve.

23. Plover.

After it is pulled, truss it up, and whiten it, then lard it, and rost it; serve with a sauce and a tost under it.

24. Loyne of Stagge.

Take off all the skinner, stick it, and spit.

spit it, serve with a Poivrade.

The Fillet is done up like the Loyne with Poivrade.

The Loine of Roebuck is also done the same way.

25. Ortolan.

After it is dressed, truss it up, and barde it with lard, and vine leaves over it in the season; In the Spring it must be drawn; after it is roasted, serve.

26. The Woodcock.

When it is pulled, truss it with its bill, which is instead of a prick, whiten it on the fire, and stick it; roast it with a rost under it, in the way of a Poivrade, with juice of orange, then serve.

The Snipe is done after the same way.

27. Another way for the Snipe.

Dress it as the Ortolan, only that some do draw them, which is very fitting at any other season but Winter, because these birds, in the Spring, Summer, and Autumn, live on nothing but Caterpillars, Ants, Lice, Herbs, or Leaves of trees; but howsoever, drawn or not, barde it with vine leaves in the season, spit it and roast it, so that it be not too dry, and serve.

28. The Stockdove.

After it is dressed, whiten it on the fire, stick and roast it, with a Poivrade under it, and serve.

29. Loine.

29. *Loyne of Veale.*

After it is mortified, and whitened, stick it very thick, rost it, and make a ragoust with verjuice, a little water, a little vinegar, orange peece, and chippings of bread, then serve it well seasoned.

30. *Pigge sticked.*

Take off the skinne, cut off the head, and the four feet, whiten it in warm water, and stick it, or if you will, barde it half; when it is rosted, serve with crums of bread, and salt upon it.

31. *Wild-goose.*

After it is dressed, whiten it on the fire, and lard it onely on the quarters like a little rose, rost it and serve.

The same Goose is done the same way.

32. *Water-henne.*

After it is pulled, draw it, whiten it on the fire, stick and rost it with a Poivrade under it.

33. *Capon with Watercresses.*

Barde it with lard, and rost it, season your Cresses with salt and vinegar, or otherwise, dead it in the Capon sauce with a little vinegar, then serve.

34. *Sucking Pig to the natural.*

Take it from the Sow, scald it, dresse it, and rost it with a bundle of herbs, salt, and peper in the body of it, then serve.

Another way.

Take it also from under the Sow, blood it, water.

water ready to boyle, and when it is scalded, empty it at the side, trusse up the fore feet towards the neck, and they behind with a prick, whiten it in warm water, and slice it on the body; for to rost it, put into the stomach of it an onion sticked with cloves, fine herbs, a little butter, salt, and a little peper, then sew up the overture, or hole, and rost it: That you may not be troubled with basting of it, rub it with Olive oyl, thus he taketh a good colour, and the skinne is very tender; when it is well rosted, serve garnished with flowers.

You may baste it with salt and water, or else rubbe it with some lard.

35. Cus blanes or Thiaffior.

Pull them, and leave them their heads, and draw them, truss up their legs as the Woodcocks, then whiten them on the fire, and stick them, or if you will in little roses on the thighs; when they are rosted, serve with a Poivrade under.

36. Heron.

Pull it, and draw it; then seek out six galls which are on the body of it, and a seventh which is within, truss up the legs along the thighs, whiten it on the fire, and stick it, wrap up the neck with butter'd paper, then rost it, and when it is rosted, serve.

37. Chine of Hare.

After you have taken off the skin, and emptied him, cut him chine-way, that is, as far
as

66 *The French Cook.*

as the shoulders, then take off three skinnes which are on't, then trusse it up behind, stick and rost it, and serve with a Poivrade.

38. *Shoulder or loyn of Boare.*

After you have beaten it well, take the Venison out of it, which is commonly called the Lard; then stick it, rost it, and serve with a Sauce Robert, or with a Poivrade.

As for the Loine, lard it with great lard, and pass it in the panne with fresh seam and flowre, then seeth it with broth and water in a great earthen panne, or kettle, season it well, and when it is almost sod, put into it one pint of white wine, and all being reduced to the proportion of a sauce, you may serve it under the shou'lder, or if you will serve it dry, it must be of a more *haut goust*.

39. *Pork.*

You may disguise it near hand like the Boare, that is, that after you have beaten it well, you shall endore it with blood, and a while after stick it, and spit it, not forgetting well to endore the feet with blood before it be roasted, serve it as the Boare, with sauce, or without it.

40. *Fawn.*

Before it be mortified too much, dress it very neatly, truss it up, and take off some skins which are on it, and look like slime; then whiten it on the fire for to stick it, so that it be not too much whitened, because it would put you to too much trouble; take heed

heed also lest you burn the head, or lest the hair of it become black, spit it, and wrap the head with butter'd paper; when it is roasted, serve with a Poivrade.

41. Fawn of Roebuck.

Dresse it as the above written, trussle it up, and lard it, wrap up the head also with buttered paper, and when it is roasted, serve it with a poivrade, orange, or sweet sauce.

42. Fillet of Roebuck.

After you have stuck it, rost it wrapped up with butter'd paper, after it is roasted, serve it with a poivrade.

Another way.

You may lard it with mean lard, and stick it on the top with smaller lardons; when it is at the spit, make a pickle under it, and after it is roasted, stove it, and serve.

43. Breast of Veale farced.

Take it white and fat, and let it steep in water till your Farce is ready, which you shall make thus; Take of the flesh of a Fillet of Veale, beef suet, crums of bread boyled, capers, mushrums, a few fine herbs, and yolks of eggs, mince all together well seasoned, and farce the breast with it; which being done, close it up with pricks, or sew it up, and whiten it in warm water; this is to serve it boyled.

For to rost it, put into your Farce palats of beef and other things, and fill it not so much as for to boyl, after you have stuck it, and

and spitted it, make under it what ragoust you will; after it is roasted, and the sauce well seasoned, stove it with it, and serve.

44. *Surloine of Mutton.*

To serve it with ragoust, into stakes, or whole, you must passe it in the panne with butter, or melted lard, being flowred, then stove it with broth, a bundle of herbs, and some capers, and for to thicken the sauce, fry a little flowre with some lard, and when the flowre is brown, put to it a minced onion, and a drop of vinegar; let all stove together, and serve garnished with what you have. You may rost it stuck with parsley, and when it is roasted, serve it dry, or with verjuice of grapes.

45. *Loine of Mutton.*

After it is well mortified, lard it with great lard, and spit it; make a pickle with onion, salt, peper, a very little of orange or lemon peece, broth and vinegar; after it is roasted, stove it with the sauce, which for to thicken, you shall use a little flowre passed in the pan with some lard, as abovesaid; garnish it with what you have; capers are good for it, and some Anchovis. You may give it the thickning of turnips strained, serve.

46. *Ribbe of Beef.*

Take a rib of the first peece well interlarded, with the fat very white, spit it, when it is almost roasted, take up the Fillet, and baste it with a little broth. For to make your ragoust, cut it into very thinne slices, with two

or three chibols, whole or otherwise, salt pepper, a little of chippings of bread, or any thickning you have, then mixe all together, and stove without covering; serve the ragoust with a little vinegar, or juice of a leg of mutton; you may mixe it with what you have; have a care that the rib of beef be not black with too much roasting.

47. Neats tongue fresh.

Seeth it, dress it, stick it, and rost it on the spit, after it is roasted, cut it along in the midst, and serve with such ragoust as you will.

Another way.

Stove it with a little wine, sugar, and clove, untill the sweet sauce be made; and if it is not strong enough, put in it a drop of vinegar, then serve.

48. Joint of Mutton after the Kingly way.

Take a good joint of Mutton, big and short, beat it well, take off the skinne, and take out the Knuckle bones, flowre it, and passe it in the panne with lard or fresh seame; then seeth it with a little broth well seasoned with mushrums, truffles, and beatilles; when it is almost sod, fry a little flowre with an onion, a drop of vinegar, and a little beaten lard, stove all together, serve with a short sauce, and garnish with pomegranats, or lemon sliced.

49. Joint of Mutton farced.

You shall finde the way of farcing of it in the

the discourse of the Potages ; after it is farced, stove it with good broth and a bundle of herbs, fry into it flowre, mushrums, and stakes for to garnish, seeth well all together, and thicken the sauce well, with what sharpness you will, lemon, orange or verjuice, serve garnished with what you have over your small stakes.

50. Fat henne.

Dresse it, cut off the extremities of it, and lard it with meane lard ; after it is flowred, passe it in the panne with lard or fresh seame, then stove it with good broth, and season it, when it is almost enough, fry into it mushrums, fat liver, a little flowre, and an onion stuck with cloves, after all is well sod, and the sauce well thickned, you may serve it garnished with pomegranate.

Another way.

You may farce it with Oysters, or with young Pidgeons, and with all other Beutills ; seeth it the same way, and garnish with what you have, then serve.

Another way.

Cut it in half, passe it in the panne, season it, and garnish as before, then serve.

Another way.

After it is stucked or barded with a paper over the barde, rost it ; when it is well roasted, powder it with crums of bread and small salt, then serve it with poor man's sauce, verjuice or orange, and in winter with cresses.

51. *Batteurs de pave.*

To put them with ragoust, cut off the head and the feet: after they are dressed, lard them with meane lard, flowre them, and pals them in the panne with butter or melted lard, then stowe them with broth well seasoned, a bun-
dle of herbs and mushrums; fry into it a little flowre and onion, and after that all is well stowed, serve with a sauce thickned with what thickning you will.

52. *Shoulder of Veale roasted.*

After it is well whitened in water, or on the fire, which will be the fitter and better, stick or barde it with lard, or if you will, as it roasteth, baste it with butter, after it is roasted, strew on it crums of bread, and small salt, and serve.

You may serve it roasted with a Poivrade.

53. *Liver of Veale.*

Lard it with meane lard, then stick it, warm the spit about the place where it ought to remaine, and as it doth rost, baste it with a Poivrade, compounded of chibols, salt, onion stuckt, peper, and a little broth; after it is roasted, stowe it in the sauce, then serve it whole, or into slices, and let the sauce be well thickned, with what thickning you will.

54. *Larks.*

Rost them stuck or barded with lard; after they are roasted, if they are barded, be-
strew

strew them with crums of bread, and small salt, and serve.

55. Wild-goose.

You may put it the same way as the *batteur de pave*, and with what garnish you will.

You may also rost and serve it with a *Poivrade*.

You may take this advice, that you are to garnish your dishes with flowers, according to the season and commodity.

The way of making ready some sauces.

The sauce called *Poivrade* is made with vinegar, salt, onion, or chibols, orange, or lemon peeke, and peper; seeth it, and serve it under that meat, for which it is fitting.

The *Green-sauce* is made thus; Take some green corn, burn a tost of bread, with vinegar, a little peper and salt, and stamp all together in a mortar, and strain it through a linnen cloath, then serve your sauce under your meat.

The sauce for the young Rabbit, or for the Rabbit is such. After they are rosted, you put some salt and peper in the body, with some orange juice, and stirre all well together.

For young Partridges, orange, or verjuice of Grapes.

Another sauce for the Thrush and the Rayle, is to put some tosts under the spit,
bna

and when your birds are almost roasted, you take away your tosts, and set them apart, and take vinegar, verjuice, salt, peper, and orange peece, boyl -all together, and having put in your tosts, serve.

The Fieldfare, and the Woodcock are served with tosts, and a Poivrade under.

The Plover is served with a sauce made with verjuice, orange or lemon peece, a drop of vinegar, peper, salt, and chibols, not forgetting tosts.

The Snipe will have the same sauce.

The Stockdove with a Poivrade.

The Pig and Lamb with a green sauce.

E**A**

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5. Discourse of the Entre-mets or Intercourse.

1. Ears, and feet of pork.

After they are well sod, passe them in the panne with butter or melted lard, and little onion, and season them well. Stove them in a little pot with a little broth, and when the sauce is well thickned, put to it a drop of vinegar with some mustard, if the season be of it, and serve.

2. Small purtenances of Stag.

After they are well dressed, seeth them in a por, and when they are well sod, stove them with wine, next passe them in the panne with some lard, all being well seasoned; then stove them again between two dishes with a little

onion, and good broth, and when the sauce is very short, serve.

3. *Venison pasty.*

If the flesh is hard, beat it, take off the skinnes of the top, and lard it with great lard, seasoned with salt, peper, vinegar, and beaten cloves. If it is for to keep, make your paste with Rye-meal, without butter, salt, and pepper; bake your pye for the space of three houres and an half, after it is baked, stop with paste the hole which you have left for to give it vent, and serve into slices.

The manner is to seek out the side, where the lard is most seen, and being cut very thin to serve it.

4. *Pasty of gammon.*

Unsalt it well; and when it is unsalted enough, boyl it a little, and take off the skin round about, then put it in brown paste as Venison, and season it with peper, clove, and parsley; you may also lard it as venison; bake it proportionably to its bigness; if it is thick, five houres; if it is lesse, lesse time will serve. After it is cold, serve it in slices.

5. *Trouffles with ragoust.*

Peele them very neatly, so that no earth may remain on them, cut them very thinne, and fry them with a little lard, or with butter, and a little parsley minced, and a little broth; after they are well seasoned, stowe them, so that the sauce bee little thickned, and serve them on a plate garnished with

with pomegranat and lemon, if you have any, with flowres and leaves.

6. *Dry truffles.*

Wash them well in Wine, seeth them with thick or gross wine, a little vinegar, salt, and peper in abundance; after they are well sod, let them rest in their broth, that they may take salt, then serve them in a napkin folded or no.

7. *Truffles after the natural.*

After they are well washed with wine, seeth them with salt and peper, and when they are well sod, serve them in a folded napkin, or on a plate garnished with flowers.

8. *Omelets of beatilles.*

Take your beatilles, which are, combes, stones, and the wings of young pigeons, seeth them well, and after they are sod, and seasoned, drain them; take some eggs, whereof you shall take out more than half of the whites, beat them, and when they are well beaten, put into them your beatils very clean; then take some lard, and cut it into peeces, passe it in the panne, and with your melted lard, or even with the peeces if you will, make your Omelet very thick, and not too much fryed, and serve.

9. *Sweetbreads.*

Let them not be too old, steep them in water, and whiten them well, and dry them, cut them into slices, and season them with salt, flowre them, and fry them with fresh seame, or

melted lard, so that they be very yellow and dry, put to it the juice of an orange or lemon, and serve them readily.

10. *Sweetbreads stuck.*

Take the fairest you can get, and best shaped, whiten them in cold water, stick them, and put them on a prick, roast them very neatly, and after they are roasted, serve them with the juice of a lemon upon them.

11. *Sweetbreads with ragoust.*

After they are whitened, cut them into slices, and passe them in the panne, or whole, if you will, with lard, and well seasoned with parsley, chibol whole, mushrooms, and truffles, and after they are well stoved with good broth, and the sauce being short and well thickned, serve.

12. *Liver of Roebuck.*

As it comes warm out of the body of the Roebuck, cut it into small slices, passe it in the panne with lard, take out the mammoicks, fry it well, and season it with a little parsley, and a whole chibol; stowe it with little broth, then serve with the sauce well thickned.

13. *Liver of Roebuck in Omelet.*

After it is taken out of the body of the beast, mince it very small, and make your Omelet of it with lard, and let it not be too much fryed, but let it also be enough, and serve.

14. *Udder*

14. *Udder of Roebuck.*

After you have whitened it well in water, cut it into round slices, and fry it with juice of lemon, or seeth it with some ragoust. After it is fryed, or sod, mince it very small, and make an Omelet of it with lard, as that of the beatils above written, then serve with the juice of lemon.

15. *Cows Udder.*

Seeth it well, and when it is well sodden, cut it into slices, and garnish your entrees with it, or passe it in the panne with fine herbs, and chiboll whole; season all well, and stove it with the best of your broths; so that it be of a high taste, and the sauce well thickened, then serve.

16. *Coliflowers*

After they are well clesed, seeth them with salt, and a peece of fat or of butter; after they are sod, peal them, and put them with very fresh butter, one drop of vinegar, and a little nutmegge, for garnish about the dish. If you will, serve them alone, doe them alike, and when you are ready to serve, make a sauce with good fresh butter, one chibol, salt, vinegar, nutmegge, and let the sauce be well thickened: You may put in it some yolkes of egges; then garnish your plate warme, and put your sauce over it, and serve.

17. *Creame of Pistaches.*

Take one handfull of Pistaches stamped,

E 5

and

and a quart of milk, boyl it with an imple-
ment of meal, which you shall mixe with it ;
when it is almost sod, allay six yolkes of eggs
with your Pistaches, and a little butter very
new, put all in a panne with store of sugar,
and a little salt. If you will, you may put in
it Musk or Amber also, with much sugar, but
very little Musk ; beat all well together, and
serve garnished with flowres.

18. Gammon with ragout.

Sod or not, cut it into very thinne slices,
then put them in the panne with very little
wine, then stowe them with a little peper, few
chippings of bread, and very small, and juice
of lemon, then serve.

19. Gammon roasted.

Cut it into slices, and steep it into a little
broth, and a drop of vinegar ; make it luke-
warm, then take it out, and put crummes of
bread upon and under it ; rost it well, and
after the sauce hath boyled a very little, put
it under it ; then serve well garnish with
flowers or leaves.

20. Gammon in slices.

After it is well sod, cut it fittingly, and
very thinne, then serve.

21. Thrushes.

Dresse them neatly, cut off the wings, the
legs and the neck, and draw them, flat them
a little, then flowre them, and fry them with
lard, then stowe them with broth well season-
ed, and a small bundle of herbs ; when they
are

are enough, and the sauce well thickned, serve them with the juice of a lemon on them, and garnish about with a whole lemon sliced.

22. Pickled pullets.

After they are well dressed, cleave them in two, if they are small, break their bones, and set them a pickling with vinegar, salt, pepper, chibol, and lemon peeke; let them steep therein, till you have occasion to use them, and then set them a draining, flowre them, and frie them in fresh seame or lard; after they are fryed, stove them a very little with their pickle, then serve with a short sauce.

23. Abbatis of Lamb with ragoust.

Take the feet, the ears and the tongue, passe them in the panne with butter or lard, a chibol, and some parsley, then stove them with good broth, when they are almost enough, put in it some minced capers, broken sparagus, the juice of mushrooms or truffles, and season all well; serve neatly with a sauce well thickned with what thickning you will, and a garnishing of leaves and flowers, and above all, let your Abbatis be very white.

24. Larks with ragoust.

After they are well pulled, draw them, flae them, flowre and passe them in the pan with butter or lard, then stove them with good broth, a bundle of herbs, and a few minced capers, all well seasoned; after they are enough, and the sauce well thickned with what thickning.

ning you will, serve with pistaches, or pomgranate, and slices of lemon.

25. Gelee.

For to make Gelee, take a Cock, take off the skinne; take also a legge or knuckle of Veale, and the four feet, break and whiten them, then put them into a new earthen pan and seeth them for the space of three houres and a half; and when all is almost sod, put in it some white wine very clear; when you have put it in, strain your meat through a napkin; take your broth, and put it in a pan or pipkin on the fire; when it is ready to boyl, put in it five quarters of sugar, and when it boyles, powre into it the juice of six lemons, and the whites of a douzen of very new layd eggs; after all hath boyled, put it into a very clear strainer, and mixe in it what colour you will, musk it, and serve.

26. Gelee of Harts horn.

Take Harts horn rasped; for to make three dishes of Gelee, you must take two pounds of Harts horn, seeth it with white wine two houres, so that after it is boyled, there may remain to make up your three dishes with; strain it well through a napkin, and then put it in a panne with one pound of sugar, and the juice of six lemons; when it is ready to boyle, put in it the whites of a douzen of new layd eggs, and as soon as you have put them in, powre all into the strainer, and set it up in a coole place; serve it natural, and garnish.

nish it with pomegranates and lemon slices.

27. Green Gelee.

Take your ordinary Gelee, as it is above described, and take some green colour, which you shall mixe with your Gelee, then serve.

28. Red Ge'ee.

As your Gelee comes out of the strainer, steep it with very red Beets, well sod, and rasped, strain all together through a linnen cloth, and set it a cooling, then serve, and garnish with other colour.

In the like manner you may make Gelee yellow, violet, and blew.

29. White meat.

Take the thick st of your Gelee, make it lukewarm with Almonds well stamped; strain them together through a napkin, and mixe a drop of milk with it, if it is not white enough; after it is cold, serve, and garnish with other colour.

30. Sallat of Lemon.

Take Lemons, what quantity you will, peelee them, and cut them into very thinne slices, put them with sugar, orange, and pomegranat flowers, then serve neatly.

31. Achis of Partridges.

After your Partridges are roasted, take up the brawn, mince it very small, allay it with good broth, and season it; then stowe it with a chibol, and when you will serve, adde to it the yolk of an egge, and the juice of a lemon, and garnish it with what you will, as

Pistaches,

Pistaches, Pomegranate, and Lemon sliced, then serve.

32. *Rissoles fryed.*

Take the brawn of Partridges, or of other meat, mince it very small, and season it well; then make your sheet of paste very thinne, and dresse up your Rissoles with it, which you shall fry with fresh seame or melted lard.

33. *Rissoles puffed.*

They are made the same way, but that the meat of them must be a little fatter; after they are well seasoned, fry them neatly, and serve.

You may also make Rissoles in the same manner with any other kind of meat; serve them with sugar, and sweet waters on them.

34. *Fritters of Marrow.*

Before the specifying the severall kinds of Fritters, it is fitting first to give here a generall modell of them.

Take some Cheese, stamp it well in a mortar, or in a dish, and if it is very hard, put a little milk with it; then some flowre and eggs proportionably; season all with salt, and pass it with fresh seame, or refined butter for the lean dayes; serve with abundance of sugar, and a little orange, flower water, or rosewater on it.

If you will make Fritters of Marrow of Beef, take the biggest peeces of Marrow you have; after they are steeped, cut them into slices, fit them in your paste, fry them, and serve.

serve in the like manner.

Apple Fritters are done the same way.

35. *Fritters of Artichocks.*

Take the bottoms of Artichocks, and seeth them half, and after you have taken out the choke, cut them into slices, make a preparation with flowre and eggs, some salt, and a little milk, then put your Artichocks in it, and when your fresh leame is hot, put them into it, one slice after another; fry them well, and serve.

36. *Pets de putain.*

Make your Fritters paste stronger than ordinary, by the augmentation of flowre and eggs, then draw them very small or slender, and when they are fryed, serve them warm with sugar and sweet water.

37. *Paste spinne.*

Take Cheese, and bray it well; take also as much flowre, and a few eggs, all seasoned, seeth it in a Pipkin, as pappe well sod, that is to say, something firm, and pass or strain it through a passing or straining pan, upon some fat paper; after it is sod, spinne or draw the paste in what sort you will, then fry it, and serve it pyramid-wise with sugar and sweet waters.

38. *Lemon paste.*

It is made the same way, but that you mix Lemon with it, you must serve it as above said, well garnisht with flowers.

The Almond paste, and the paste of Pissackes

atches are made the same way.

39. *Ramequin of kidney.*

Take out the Kidney of a Loyn of Veale roasted, mince it with parsley or garlick; and the yolk of an egge, then spread your implements well seasoned upon bread, which you shall tost in the pan, or on the gridiron, and shall serve all dry; you may put sugar on it if you will.

You may make tosts of Kidney of Veal almost the same way, but that you must put to it neither parsley nor onion; but the Kidney being well seasoned, you spread it on your tosts, which you shall also cause to take a colour in the panne before the fire; and when you serve, you may sugar them, and even mixe some sugar in the implements if you will.

40. *Ramequin of flesh.*

Take what meat you will, mince it very small, and after it is minced, allay it with an egge, and season it as it ought, rost them in the panne, and serve with the juce of a Lemon.

41. *Ramequin of Cheese.*

Take some Cheese, melt it with some butter, on onion whole, or stamped, salt and pepper in abundance, spread all upon bread, pass the fire shovell over it red hot, and serve it warme.

42. *Ramequin of soot of chimney.*

After your bread is passed in the pan with butter

butter or oyl, powder it with soot, with salt, and much peper over it, and serve it warm.

43. Ramequin of Onion.

Take your Onions, and stamp them in a mortar, with salt and much peper ; you may put to it some Anchovis, well melted with a little butter, your onions being upon the bread-fryed in oyle or butter, pass the fire-shovel red-hot over it, and serve.

The Ramequin of Garlick is done the same way.

44. Ortolans with ragoust.

Dresse them, and pass them in the panne with butter, or melted lard ; after they are fryed, stove them in a small pot with a little broth, and season them well ; for to allay the sauce, mixe with it sweetbreads, the juice of meat, and mushrums, and when all is well sod, serve garnisht with Pistaches and Pomegranate.

45. Tongue of pork with ragoust.

After it is salted and sod, cut it very thin, and stove it with little broth, then passe it in the panne with melted lard, onion stamped, and one drop of Vinegar ; after this serve with the juice of a Lemon, and garnish with Capers, and with all what you have. Mixe with it in the season verjuice or gooseberries.

46. Tongue of pork perfumed.

After it is sod, serve it dry, and garnish with what you will, be it flowers or other thing. You may open it in the midst.

47. Tongue

47. *Tongue of pork boiled with ragonst.*

Seeth it halt salted, then broyl it; make for it also such sauce as you will, so that it be well thickned, and well seasoned, then serve.

You may stick it with lard, and rost it on the spit, basting it with a pickle, which you shall make under it well seasoned, and with such quantity of salt as you shall judge fitting; when it is roasted, serve.

48. *Neats tongue.*

Seeth it salted, with water, and towards the end put in some wine; after it is sod, peele it, and when you are ready to serve, cut it into round slices, or cleave it, then serve.

49. *Young Pidgeons.*

To put them with ragonst, take them as they come from under the mother, kill them, and scald them, then after they are dressed, whitened and flowred, passe them in the pan, and then stowe them in a pot with good broth, well seasoned, and a bundle of herbs; let them be well sod, and the sauce thickned, serve with minced capers, mushrooms, sweet-breads, and all what you can have of assortment for young Pidgeons.

50. *Fat liver with ragonst.*

Take the fattest and clearest, cleanse them, and put them into warm water, to take away the bitterneſſe, but take them out again presently; after they are dried, passe them in the panne with butter or fresh seame, and stowe them

them with little broth, parsley, and whole chibol; when they are enough, take out the chibol, and serve with a sauce well allayed; you may put in it trouffles, mushrums, and sparagus.

51. Fat liver on the gridiron.

Put it on the gridiron, and powder it with crummes of bread and salt; after it is broyl-ed, powre the juice of a Lemon upon it, and serve.

52. Fat liver baked in the ashes.

You must barde it with lard, and season it well with salt, peper, beaten cloves, and a very small bundle of herbs, then wrap it up with four or five sheets of paper, and let it a baking in the ashes as a Quince; after it is baked, take heed you doe not lose the sauce with stirring of it, take the upper sheets of paper off of it, and serve it with the undermost, if you will, or on a plate.

53. Fat liver fryed into fritters.

You may judge how it ought to be done by the foregoing discourses, concerning ragousts, frying, and fritters.

54. Beatilles.

Take wings, livers, and conbes, all being well whitened in water; seeth the combes by themselves, and when they are sod, peepe them, then stowe all together, with good broth well seasoned, and when you are almost ready to serve, fry the combes and beatils with good lard, a little parsley, and chibols minced; put them

them again to stove in their broth, untill you be ready to serve; you may mince with it some yolks of eggs. Serve.

55. Tourte of Franchipanne.

Take a milk cadle, that is, boyled milk, and make thus your preparation for to make your Creame. Take a little flowre, which you shall boyl with your milk, when it is enough, take five yolks of egges, and mixe all together, with stamped Pistaches, Almonds, a little salt, and much sugar; then make your paste, work it with the whites of eggs and salt, and let it rest; make of it six very thin sheets of paste, and butter them one after another; spread your creame upon your six sheets, and make other six, and lay them one after another well buttered, and specially the uppermost, for to give it a colour; after it is baked in a tourt panne, or on a plate, change it into another, and sugar it, then serve with flowers.

You may make the Tourt of Franchipanne with any other tourt of Creame, and serve it as abovesaid.

56. Nulle.

Take one dosen of yolks of eggs, and two or three whites, put in it a little creame, a little salt, and much sugar, beat well all together, and then passe it through a straining panne, then lay it upon a plate, or in a dish, and when you are ready to serve, seeth it on the chafing dish, or in the oven; when it is baked,

baked, serve with sugar and sweet waters, and garnish with flowers.

57. Nulle with Amber.

Take some Cream, or very new milk, allay the yolks of eggs, very little salt, sugar, musk, or amber; and when you are ready to serve, make a bed of your implements, and one bed of juice of orange, and so successively to the number of five or six, then passe the fire-shovell red hot over them, garnish with sugar or musk, or water of orange flowers, and serve.

58. Green Nulle.

It doth differ from others onely in the colour, which you shall give it as to the gelée.

59. Artichocks fryed.

Cut them almost into bottomes, take out the choak, and throw them into boyling water for to whiten them, dry them, and flowre them, then fry them with fresh seame, or refined butter; serve them warm, and garnish with fryed parsley, which to fry, it is necessary that it be very green, and that it be not wet.

60. Artichocks fried.

Cut them into four quarters, cleanse them, and take out the choak, then whiten them in warm water, and drain them, flowre them with flowre and small salt; let the fresh seame, or refined butter, or melted lard be very warme, and then put your Artichocks in it, and fry them well, then set them a draining,

ning, and put into your frying one handfull of very green parsley, which you shall put on your Artichocks, when it is very dry, and serve.

61. Artichocks with Poivrade.

Cut your Artichocks into quarters, take out the choak, and whiten them in very fresh water, and when you will serve, put them on a dish with peper and salt, then serve.

62. Bottoms of Artichocks.

Take off all the leaves, and cut them as far as the choak, then seeth them with broth, or with water, butter and salt; after they are sod, take them out, pick them, and take out the choak; then put them with butter and salt, and when you will serve, make a sauce with very fresh butter, one drop of vinegar, nutmegge, and the yolk of an egge, for to thicken the sauce, then serve, so that they be very white.

63. Mushrooms with ragoust.

After they are well censed, passe them in the panne with very fresh butter, parsley minced, and chibol, season and stove them, and when you are ready to serve, put into it the juice and peeke of lemon, and a little white meate, then serve.

64. Mushrooms farced.

Choose the best shaped for to containe the farce, which you shall make with some meate, or good herbs, so that it be dainty, and allayed with yolks of egges, then your mushrooms
being

being farced and seasoned, put them into a dish upon a *barde* of larde, or upon a little butter, seeth them, and serve garnished with juice of leaven.

65. Mushrooms fried.

Whiten them in fresh water, and then dry them, then pickle them with a little vinegar, salt, peper, and onion; and when you are almost ready to serve, make a liquid paste allayed with yolks of eggs; fry your mushrooms, serve and garnish.

66. Mushrooms after the Oliver.

After they are well censed, cut them into quarters, and wash them in several waters, to take off the earth; when they are wel censed, put them between two dishes with an onion and some salt, then set them on the chafing dish, that they may cast their water; press them between two plates, take very fresh butter, with parsley and chibol, and fry them, then stove them, and after they are wel sod, you may put to them some creame or white meat, and serve.

67. Omelet of gammon.

Take one dosen of eggs, break them, take out the whites of half a dosen, and beat them; then take of your gammon as much as you will think fitting, mince it, and mixe it with your eggs; take some lard, cut it and melt it, powre your Omelet into it; let it not be too much fryed, and serve.

68. Tortoises.

68. *Tortôises.*

Cut off the feet, the taile, and the head, set the body a seething in a pot, and season it well with fine herbs, when they are almost sod, put some wine to them, and boyl them well; after they are sod, take them up, and cut them into peeces, and take a special care to take out the gall; then fry them with butter or lard, parsley and chibol, then set them a stoving with a little broth, and when you are ready to serve, allay the yolk of an egge with some verjuice, mixe them together, and serve well seasoned.

69. *Tourte of Pistaches.*

Melt some butter, and put in it six yolks of eggs with some sugar; stamp one handful of Pistaches, and mixe them together with a corn of salt, then make your sheet of paste, and dress it up, put your implements in it, make or shape up your tourte, and binde it with butter'd paper; when it is baked, serve it with sugar, and garnish it with lemon peeke preserved.

70. *Eggs after the Portugals way.*

Take many yolks of eggs, and one pound, or half a pound of sugar, with which you shall make a sirrup, which being made, you shall mixe it with your eggs, with one drop of orange-flower water, and seeth them; after they are enough, make a cornet with butterd paper, and well doubled, put your eggs in it, and being cold, then take off the paper, and

and put these eggs on a plate the sharp end upward, sugar it, and garnish it with the peare called *nompareill* (or non such) cinnamon, lemon peeble preserved, and flowers, then serve.

Another way.

Make a Sirup, as above said, then breake one dozen of eggs, or more, and beat them well, warme your sirup, and when it is very warme, mixe your eggs with it, passe all together through a strainer, and seeth it; After it is sod, serve it with bisket cut and dressed up piramide-like, sweet waters, muske or amber gris.

71. Eggs minion.

Make your sirup as above said, and take the yolks of eggs, allay them well, and put them in your sirup; after they are sod, put them on a plate, with a drop of orange flower water, and of muske, then serve.

72. Eggs spun.

Take a quart of white wine with a peece of sugar, boile them well together, then breake some eggs, and beat them, passe them through a strainer, then put them in a pipkin or pan, where your white wine is and your sugar ready boiling; thus they are sod in a moment, and are found linked; take them out of the sirup, and set them a draining, then serve them piramid-like with sweet water.

73. Eggs after the Varenne.

Have a sirup well made, fric some whites
F of

of eggs in the panne with butter, and put them in your sirup; when they are sod, serve them with orange-flower water.

Another way.

Make your sirup, and mixe a little new milke with your fried eggs; when they are sod, serve them very white on a plate, and garnished with sweet waters.

74. Snow eggs.

Boile some milke with a little flower well allayed, then put in it more then the halfe of one dosen of whites of eggs, and stirre well all together, and sugar it; when you are ready to serve, set them on the fire againe, and glase them, that is, take the rest of your whites of eggs, beat them with a feather, and mixe all together; or else frie well the rest of your whites, and powre them over your other eggs; passe over it lightly an oven lid, or the fire-shovell red hot, and serve them sugred, with sweet waters.

You may in stead of whites, put in it the yolks of your eggs proportionably, and the whites fried upon. The creame after the Masarine way is made in the same manner, except that you must put no whites of eggs on it.

75. Eggs after the Huguenote.

Take the juice of a leg of mutton, put it on a plate, or in a dish, take very new layd eggs, and break them in your juice, seeth them with little salt; after they are enough, put
more

more juice to them, and some Nutmeg. then serve.

75. *Cardons of Spaine.*

After they are whitened, take off the skin very neatly, and set them a steeping in fresh water, then serve them with peper and salt.

77. *Sparagus with a white sauce.*

Choose the biggest, scrape the foot of them, and wash them, and seeth them in water, salt them well, and let them not seeth too much; After they are sod, draine them, and make a sauce with very fresh butter, a little vinegar, salt, nutmeg, and the yolk of an egge to thicken the sauce, have a care that it doe not curd or (turne) and serve garnished with what you will.

78. *sparagus with ragoust.*

Take sparagus, break them very small, then passe them in the panne with butter or lard, mixe with it some parsley and chibol, all well seasoned; set them a stoving till you be ready to serve; you may put some creame to them, or yolks of eggs, or of the juice of a legge of mutton, and may garnish other things with it.

79. *Sparagus with creame.*

Cut them very small, and leave nothing but the Greene, fric them with butter very fresh, or melted lard, parsley and chibol, or a bundle of hearbs; after that, stov them a very little, with very new creame, and serve if you will with a little nutmeg.

80. Tongue of mutton with ragoust.

After it is well cleansed, cut it in two, then flowre it, passe it in the panne, and put it in ragoust, with vinegar, verjuice, salt, peper, juice of orange, and minced capers; when it is well stoved, and the sauce well thickned, serve.

81. Tongue of mutton sticke.

Take it sod, and cleanse it, sticke it with small lardons, and rost it, then serve with the juice of a lemon, or some orange.

82. Tongue of mutton on the gridiron.

Slit it in the middle, and put it on the gridiron with salt and crummes of bread upon it, then make a sauce with verjuice of grapes, or goose-berries, a few chippings of bread, some parsley and chibol minced very small, and when it is well broiled, serve.

83. Sallet of Pomgranat.

Picke your granats, put them on a plate, sugar them and garnish with lemon, then serve.

84. Head of wild boare.

Cut it off neere the shoulders, to make it fairer, and of better shew, and for to preserve the necke, which is the best of it, so that it be well seasoned; after you have cut it off, burne it, or scald it, if you will have it white, then cut the skin off round about the head foure inches from the nose, least it may shrinke and fall on other places; seeth and season it well, and when it is halfe sod, put

so it white or red wine, and make an end of seething of it, againe well seasoned with peper, onion, cloves, orange-peele, and fine hearbs. You may seeth and wrap it well with hay, least it may fall to peeces; after it is well sod, serve it cold, whole, and garnished with flowers; If you have wrapped it up, you may serve it in slices, which you may disguise with severall sorts of ragousts.

85. *Slice of wild boare's head.*

Cut it under the neck, or neere it, or under the eare, and serve.

86. *Slice of wild boare's head
with ragoust.*

After you have cut it as above said, boile it in wine, and a few chippings of bread; when it is enough, and the sauce thickned, serve.

87. *Another way.*

After it is cut as aforesaid, powder it with crummes of bread, and put it on the gridiron; after it is broiled, serve with juice of lemon, in the season of vine leaves, wrap up your slice in them, and serve readily with verjuice of grapes.

87. *Greene pease.*

Passé them, if you will, in the panne with butter, and seeth them with cabidge, lettice, or with purslaine; after they are well sod with a bundle of hearbs, and well seasoned, serve them garnished with lettice.

You may dresse and season them with creame, as the sparagus whereof mention is

made above, in the article 79. of sparagus with creame.

88. *Ram's stones.*

Whiten them well in fresh water, take off the skinns of them, and cut them into very thinne slices, passe them in the panne with butter or melted lard, season with all what you have, then stowe them with mushrums, and the juice of a leg of mutton, then serve.

Another way.

Cut them as above said, and steep them in a little vinegar and salt; a while before you serve, after you have dried them, passe them in the paste of fritters, and frie them, and throw on it some lemon juice, or orange juice, and serve.

89. *Palats of beef.*

Take them well sod and soft, and withall boile them a little, for to take away the tripe taste; then cut them very thinne, passe them in the panne well seasoned, and stowe them; let your sauce be allayed with the juice of a lemon, then serve.

The beef palats for garnish are fried al.kē, but that you cut them peccmealing.

90. *Arbo'ade, or tensie.*

Melt a little butter, and take some creame, yolks of eggs, juice of peares, sugar, and very little salt, seeth all together, after it is sod, sugar it, with waters of flowers, and serve green.

91. *Young.*

91. Young Pigeons.

After they are well whitened in water, flowred a little, and passed in the panne, stove them with good broth, mushrooms, truffles, and a bundle of hearbs, all well seasoned, and serve the sauce being well allayed, and garnish with cut lemon.

The same ragoust may be made for young pigeons roasted.

92. Field fares.

Draw them, frie them as the young pigeons, and seeth them longer, because they are harder, after they are sod and seasoned alike, serve garnished with pomegranate, or cut lemon.

93. Young Partridges.

Take some peeces of slices of beef, and beat them well with lard, season it with salt and peper, and passe it in the panne, untill the lard be very brown, then stove these implements with a little broth and an onion stamped; then straine all through a linnen cloath, you will have out of it a very red juice, with which you shall mixe a sharpnesse of verjuice, a little flowre baked, or some chippings; then take your young Partridges, take off the legs and the wings, and stove them with your sauce; adding to it mushrooms, and truffles, untill the sauce be well thickned; seeth, and serve readily, lest they waxe hard.

The Partridges are done the same way.

*A method for to make gammons of
Westphalia-bacon.*

After your porke is dressed, take up the gammons, and stretch them well, for to cause them to take the shape; put them in the cellar for the space of foure dayes, during which there will come foorth a water out of them, which you must wipe off very often; If the weather is moist, let them ly there but twice foure and twentie houres, then set them in the presse between two boords, and let them be there so long a time, as the porcke hath been dead; after that, salt them with salt, peper, cloves, and anis seed stamped; lee them be take salt for the space of nine dayes; after this take them out, and put them in the lees of wine, for the space of other nine dayes; then wrap them up with hay, and bury them in the cellar, in a place which is not too moist; after you have taken them out, hang them in the chimney, at the side where there is least smoake, and faile not to perfume them twice a day with Juniper; after they are dry and a little smoky, hang them at the seeling, in a chamber which is not too moist, and untill you have occasion to use them, visit them often, for feare they should rot.

For to seeth them; take of them which you will, cleanse it, and let it to unsalt, into a great kettle full of water, season it with fine hearbs, and put no wine to it; after it is sod, take up the skinne, spread it over
with

with peper and minced parsley, and stick it with cloves, then put down the skin again, and lay it in a coole place, till you have a mind to serve it, which you shall do garnished with flowers, if you have any.

The way of making, allaying, or thickning to be kept for sauces, to the end that one may not be put to the trouble of making them on every occasion, when one may have need of them.

Thickning of Almonds.

PEele well your Almonds and stamp them in a mortar, then put them with good broth, crummes of bread, yolks of egges, juice of lemon, an onion, salt, cloves, and three or four mushrums; seeth all these a very little while, pass them through the strainer, and put it into a pot to use it upon occasion.

Thickning of Mushrums.

Take the stalkes of Mushrums, with a few stamped Almonds, Onion, Parsley, crums of bread, yolks of eggs and capers; boyl all with good broth, and season it well, mixe with it a slice of lemon, then pass it through a strainer,

ner, and put it into a pot to use it upon occasion.

Thickning of flowre.

Melt some lard, take out the mammocks, put your flowre into your melted lard, seeth it well, but have a care it stick not to the pan, mixe some onion with it proportionably; when it is enough, put all with good broth, mushrums, and a drop of vinegar; then after it hath boyled with its seasoning, passe all through the strainer, and put it in a pot; when you will use it, you shall set it upon warm embers for to thicken or allay your sauces.

Thickning of trouffles.

Take dry flowre, which you shall allay with good broth, trouffles, onions, mushrums, and a twigge of thime, stamp all together, and boyl it with your flowre allayed, pass it through the strainer, and put it in a pot; it will be usefull for the thickning of your Entrees (or first courses) or ragousts.

You may use these thicknings in Lent, so that you put no eggs in it: They may also be usefull for all, as for the first and second courses, and for the Entremets (or Inter-courses).

*Method for the making the juice of
Mushrooms, of Beef, or of Mutton,
which may be usefull for many
Sauces and Ragousts.*

Juice of Mushrooms.

Take the least of your Mushrooms, wash them well with their skinnies and stalks, without taking off any thing, boyl them in a pot with good broth, as they are boyling, put in a bundle of herbs, an onion stuck with cloves, and some peeces of roasted meat, all well seasoned with salt; after they are well boyled, passe them through the strainer, and put it into a pot, for to use it at need. It may be usefull for all kinds of Ragousts, even for potages; and it doth often passe for juice of Mutton.

The juice of beef, or of mutton.

Roast your meat a little more than half, be it beef or mutton, prick it with a knife, and press it in a press if you have any, it will be the better; after it is pressed, and the juice taken out, take one spoonfull of good broth, besprinkle your meat with it, and take out of it again what juice you can; put it in a pot with a little salt, and mixe with it the juice of a lemon when you are ready to use it.

The way of garnishing with Pistaches.

Peele your Pistaches in warm water, put them

them in cold water again, and for to use them mince them a very little, for to put them about your dishes.

The garnish of lemon.

You must take out the seeds, slit it long wise, and cut it into slices, after this put it into some water, ready to use it upon and about your dishes.

The garnish of Pomegranat.

Take the reddest, take out the peelee and the seeds, for to garnish upon and about your dishes.



A Method for to take out the juice and waters of flesh, for to give unto the Sick.

The juice of mutton, veale, or capon.

After they are roasted and pressed, take out the juice, and because that the juice of Mutton is hotter than the other, it must be corrected and mixed with that of Veal, and of either of them thus made ready, cause your sick body to take one spoonful every two houes.

Another way for the same water.

For such as have need of much cooling, take a bottle without osier, and with a very wide

wide neck, cut your meat, veale, and puller, small enough, so that it may goe into the bottle; this done, you shall stop it carefully with a peece of paste firm and hard, and some parchment over it, tie it well, and put it in a kettle full of hot water as far as the neck: Boyl it well for the space of three houres; after it is sod, unstop your bottle, and take the juice out of it, which you shall cause your sick to use (or even they who are in full health, and stand in need of cooling) with other juice of roasted meat, or with some broth, all according to the need and strength of both. You are to observe that the juice of rost meat is much stronger and more nourishing than that of boyled meat, though it be in greater quantity.

For want of a bottle you may use a *Coque-mare*, stopping it well with paste, and with parchment over it.

Water of pullet.

Dresse your Pullet, and when it is very cleane, fill it up with barley, and seeth it in a pot with a good quantity of water, so that it boyles to a quart; after it hath boyled untill the barley is burst, passe all through a strainer, and let it coole. It must be used cold, and this water may be given to sucking children.

Panadée.

Take some good broth, and crummes of bread very small, boyl them well together,

ther, and at the latter end, put in it some yolkes of eggs, very little salt, and some lemon juice.

Other Panadoe.

Take the flesh of Capon or Partridge well minced, stamp it well in a mortar, then al-
lay it with broth of health, that is, broth of
the great pot, a few crummes of bread, and
salt, after it is stoved, mixe with it some yolks
of eggs for to thicken it, and some lemon
juice.

A Table of the Pastry work which is served up all the year long.

V Enison pasty.	1
Pasty of a joint of mutton	2
Pie after the English way	3
Pasty of Wildboare	4
Pie of Capon	5
Turkey pie	6
Pie of Gaudiveauxs	7
Pie of Partridges	8
Pie of gammon	9
Pie of breast of Veale	10
Pie of Assiette	11
Pie after the Cardinals way	12
Pie after the Marotte	13
Pie of young Rabbits	14
Pie of Pullets	15
Pie of Larks	16
Veale pie	17
Pie of Quailles	18
Pie of Woodcocks	19
Pie of Blackbirds	20
Duck pie	21
Pie of Macrense with lard	22
Lamb pie	23
Pie of tongues of mutton	24
Pie of Kid warme	25
Goose pie	26
Pie of knuckles of shou'lers	27
Tourte of young iidgeans	28
	Tourte

<i>Tourte of lard</i>	29
<i>Tourte of marrow</i>	30
<i>Tourte of veale</i>	31
<i>Tourte of purtenances</i>	32
<i>Tourte of Sparrows.</i>	33
<i>Tourte of Larks</i>	34
<i>Tourte of sweetbreads</i>	35
<i>Tourte of brawn of capon sugred</i>	36



*A Method how to make ready and
to serve up the Pastry works which
are made mention of in the
foregoing Table..*

1. Venison pastie.

IF the flesh is hard, beat it, take off the upper skinnies, and lard it with great lard, seasoned with salt, peper, vinegar and beaten cloves. If it is for to keep, make up your paste with Rye meal without butter, salt and peper; let your pasty bake the space of three houres and a half; after it is baked, stop up with paste the hole which you have left for to give vent, and serve in slices.

2. Pasty of a joint of mutton:

After it is well mortified, beat it well, take off the skinnie, take out the bones, and if you will,

29 will, lard it with great lard, and season it
30 with salt, pepper, and a little vinegar; you
31 may let it lye in the sauce three or four daies,
32 well covered, untill you put it into paste;
33 which you shall doe then in paste fine or
34 course; season it well with salt, pepper, beaten
35 cloves, nutmegge, and a bay leaf, and also
36 a clove of garlick crushed if you will: After
it is closed up, and endored with the yolk of
an egge, let it bake the space of three houres
and a half, and doe not forget to give it vent
on the top, a little while after that you have
put it in the oven.

3. *Pie after the English way.*

Take a young Hare, or a Hare, mince it
well with beef or mutton suet, or even with
the brawn of Capon, mixe well all together,
and season, put in it if you will, some capers,
and some sugar. Make your paste thus; after
it is flower'd, spread it, and fould it up into
three or four doubles like a napkin, putting
some fresh butter upon every bed of paste, so
that for one pound of paste there be half a
pound of butter proportionably; after it is
thus made ready, let it rest a little while, and
then make your pie up, which you shall gar-
nish at the outside with buttered paper. Bake
it well, endore it with the yolk of an egge,
and serve.

The Wildboare pasty is made the same way
as that of the joint of Mutton.

4. Pie of Capon.

After it is well dressed, lard it with meane lard, and put it into fine paste, and make up your pie. If you will serve it up warme, it must not be so much seasoned, as for to serve it cold.

To serve it warme therefore, make it up and garnish it with what you have, you may also farce it. You must bake it two houres and a half, and if the sauce be wanting, make a white sauce for it, or put into it any juice, and serve it warme and uncovered.

5. Pie of Turkie.

After it is well dressed, beat it and trusse it up, lard it with great lard, and season it, then put it into fine or brown past fed with butter or lard, for this flesh is very drie when it is baked; season it as a venison pastie, bake it proportionably to it's hardness or bigness, and serve it warme or cold.

6. Another way.

Dresse your turkie, take off the skin and the brisket, then season it, and farce it with young pigeons, beef palats, mushrums, truffes, bottomes of hartichocks, combes, rams-stones, and sweet breads. This farce it fit, in case you take out the brisket onely.

If you take off the whole skin; take the flesh of your turkie, mince it very small with beef suet, season it with all what you have, and with yolks of eggs, fill up the skin with it, sow it up againe, and put it into fine paste, garnish

garnish your pie with small *beatilles*, mushrooms, and all the remnant of your farce. Bake it, and serve it warme with what sauce you will.

7. *Pie of gaudiveau.*

Dresse up your paste into an ovall, garnish it with your *gaudiveau*, in the midst of which you shall put all kind of garnish; as mushrooms, livers of fat capons, *cardes*, yolks of hard eggs, sweet breads, and shall season all; binde it with paste at the top, and when it is baked, serve with a sauce of verjuice, yolks of eggs and nutmeg.

8. *Pie of Partridge.*

After they are dressed, lard them with meane lard, and season them, then put them into a fine paste, and make up your pie well fed with lard or butter, bake it for the space of three houres, and serve it warme.

9. *Pastie of Gammon of bacon.*

Steep it well, and after it is unsalted enough, boile it a little and take off the skin about it, then put it into brown paste, as venison, and season it with peper, clove, and parsley; you may also lard it as you doe the venison. Bake it according to it's thicknesse; if it is big, five houres, if less, less, and so according as it is bigger or lesser; after it is cold, serve it in slices.

10. *Pie of a breast of Veale.*

After it is very white, you may farce it with what you will; you may also put it into very fine

fine paste very well seasoned, and garnished, or if you will, cut it into small peeces, make up your pie well, bake it, and serve it with a white sauce, made up with yolks of eggs allayed with verjuice.

11. *Pie of Assiette.*

Take the flesh of veale, and beef or mutton suet, make a kind of *gaudiveaux*, then dress up your paste very neatly half a foot high, and fill it with one bed of flesh, and over it another of mushrooms, another of *cardes* or of *cardeaux*, or young pigeons, palats of beef, stones, and yolks of eggs, so that the upper bed be of *gaudiveaux*, cover it and season it, then serve.

12. *Pies the Cardinall's way.*

Make up your pies very high and very narrow, fill them up with *gaudiveaux*, and cover them so that the lid be also very high; then serve them, specially for a garnish to a peece of beef, or on a plate.

13. *Pie after the Marotte.*

Take Rie meale, which you shall salt, make your paste with it, and make it up like a pie; then take one hare or two, or two joints of mutton, with a little beef suet, which you shall mince together very small and season it, then make up your pie, on the top of which you shall leave a vent, after three hours baking, take it out, and fill it with good broath, put it in the oven againe, and when it is quite baked serve it.

14. *Pie*

14. *Pie of young Rabbits.*

After they are dressed, lard them with great lard, and make your paste like that of venison; if you serve it warme, make it a little sweeter, and serve.

15. *Pie of pullets.*

Dresse and flowre them, if you will; garnish and season them, and put them into very fine paste, serve warme with a white sauce of yolks of eggs allayed.

If your pullets are big, you may thicke them with meane lard, and season them, garnish and bake them alike.

16. *Pie of larks.*

Dresse them, draw them, and flat them, then passe them in the pan with mushrooms, truffles, beatills, and stones, all well season'd, then put them into fine paste, bake them the space of two houres, and a halfe, let the sauce be well allayed and fed; you may put some sugar in it hypocraft-like, and so serve it cold; with ragoust, serve it warme.

17. *Pie of Veale.*

Take the fillet, and dresse it like the wild boare, that is, well larded and seasoned, put it into fine or brown paste, as you will, serve it in slices, warme or cold.

Another way.

Mince such flesh of veale as you will with beef suet, and season it; make up your paste, and make the bottome of your pie, or the hole, with this meat thus minced and seasoned,

soned, which moreover you shall garnish with mushrooms, bottoms of hartichocks, stones, sweet breads, and hard yolks of eggs; after which you shall cover and bake it; after it is baked, serve it uncovered with a sauce of yolks of eggs allayed with verjuice of grapes.

18. *Pie of Quails.*

It is made for to eat cold like that of partridges, and for to eat warme, like that of larks, make it up with fine paste, and serve it warme with ragoust.

19. *Pie of Woodcocks.*

Dresse your Woodcocks, draw them, lard them with meane lard, and season them like the partridge pie, for to be eaten warme or cold; if you serve it warme, garnish it with what you have, and season it as you think fitting; bake it the space of two houres and a half, and serve it warme or cold.

20. *Pie of thrushes.*

Dresse your thrushes, draw them, and put them into paste, season and bake them as the larks, for to be eaten warme, or cold.

31. *Pie of Duck*

After it is dressed, lard it with great lard and season it well, put it into fine or brown paste for to keep it; bake it for the space of three houres; serve and garnish it for to eat warme.

The pie of *Macreuse* with lard is made the self same way.

23. *Pie of*

23. *Pie of Lambe.*

Take the foure quarters, and mince them very small, whiten them in fresh water, then put them in a fine paste and well made up, with a little parsley and fine hearbs minced; after it is well baked, and well seasoned, serve it with a white sauce.

Another way.

You may take your lambe whole, or in quarters, without cutting it, lard it with great lard, and put it into paste seasoned with minced parsley, salt, peper, beaten cloves, and garnished with mushrums, *morilles*, and capers; and after it is baked, serve it with a white sauce of yolks of eggs allayed with verjuice.

24. *Pie of mutton's tongues.*

Wash them with lukewarme water, and cleanse them, then put them into paste; take mushrums, small pallats of beef cut, *beatilles*, a little parsley, and chibols; passe all in the panne, powre on it some yolks of eggs, bottoms of hartichocks, beaten lard, or fresh butter, and put them into your pie, which you shall bake for the space of two houres, and shall serve with a sauce of yolks of eggs allayed with verjuice.

25. *Pie of Kid warme.*

Dresse it, and take off the head, lard it with meane lard, and season it, put it into fine paste dressed up, or not, garnish it with *beatilles*, mushrums, *morilles*, *trouffes*, *moufferons*, and

and serve. If you will serve it cold, let it's seasoning be stronger.

Another way.

If you have two kids, or roebucks, taken out of the body of the wild goate, or of the hinde, lard them, and season them, and put to them abundance of sugar, which will make both your meat and sauce full of sugar.

If your kids are small, put them into dressed paste, and sever them, putting the one into sugar, and the other in *ragoust*, serve warme.

26. *Goose pie.*

After it is dressed, lard it with great lard, and put it into paste seasoned as the venison pastie; serve it alike, warme, or in slices.

27. *Pie of knuckles of shoulders.*

Dresse the bones of your knuckles, whiten them, break them and lard them with great lard, or lard stamped, then put them into fine past; garnish and season your pie with all what you have, bake it for the space of two houres and a halfe, when it is baked, serve with what sauce you will.

24. *Tourte of young pigeons.*

Make a fine paste, and let it reſte, then take your young pigeons, cleanse them, and whiten them. If they are too big, cut them, and take *gandiveaux*, sparagus, mushrums, bottoms of hartichocks, beef marrow, yolks of eggs, *cardes*, pallars of beef, trouffes, verjuice of grapes, or goof-berries; garnish your
tourte

tourte with what you have, not forgetting the seasoning, then serve.

Another way.

After your young pigeons are well dressed and whitened, make a sheet of fine paste or puff paste, put in the bottome some *gandiveaux*, and the young pigeons at the top; if they are small, whole; if big, cut them into halves; garnish your *tourte* with combs, palets, mushrooms, truffles, cardes, *morilles*, *mousserons*, yolks of eggs, sweet breads, botomes of artichocks, and minced parsley, all well seasoned with salt, pepper, clove, and nutmeg; Cover up your *tourte*, and bake it the space of two houres and a half; After it is baked serve it uncovered with a sauce of yolks of eggs, alayed with verjuice of grapes,

29. *Tourte of lard.*

Take lard, slice it, and melt it between two dishes, season it as the *tourte* of marrow next following; when it is ready, serve it.

30. *Tourte of marrow.*

Take marrow, melt it, when it is melted, straine it, and put some sugar to it, yolks of eggs, pistaches, or almonds stamped; then make a very thinne sheet of fine paste, on which you shall put your implements, binde it, if you will; bake it, and serve it sugred.

31. *Tourte of veale.*

Take a peece of veale, whiten it, and mince it with twice as much of beef suet; after it is wel seasoned make a sheet of your fine

paste, put your meat on it, in the midst of which you shall put what you have, as *beatilles*, &c. Sugar if you will; then when it is baked, serve.

Another way.

Garnish a sheet of fine paste or puff paste, and fill it half with your minced meat, put over it mushrooms, stones, combs, bottoms of hartichocks, *cardes*, yolks of eggs, and all well seasoned, fill up your tourte with the same meat, cover it, and endore it with a raw egg allayed; bake it the space of one hour and a half, and serve it uncovered with a sauce.

32. *Tourte of Beatilles.*

Whiten your *beatilles*, put them into a sheet of paste seasoned and garnished as the tourte of young pigeons; bake it also alike, and serve it with a white sauce, or juice, or some ragoust of tostes; you may put to it some pistaches peeled, and minced.

The tourte of sparrows is served like that of young pigeons with a white sauce.

34. *Tourte of larks.*

You may make it as that of the young pigeons; But here is yet another way. Dress them, draw them, flat them, and passe them in the panne with lard, parsley, and mushrooms, then put them into your paste, and season them with yolks of eggs, capers and all what you have. Cover up your tourte, and bake it two hours. After it is baked, serve with a good sauce, or some juice.

35. *Tourte*

35. *Tourte of sweet breads.*

You may put them into fine or puff paste, sticked and rosted, well seasoned and garnished, or els frie them with mushrooms, combes, truffes, morilles, yolk of eggs, bottoms of hartichocks, or some broken sparagoes, and thus make up your tourte, which you shall serve with an allaying of mushrooms upon it.

36. *Tourte of brawne of Capon.*

Take some quantitie of brawnes of capon, mince them very small, and allay them with two yolks of eggs, fresh butter, a little salt, pistaches, much sugar; a little juice, or good broth; make up your tourte with fine or puff paste, sugar it well, and if you will, you may adde to it besides some pignons and corants.

Advise.

Your pasties for keeping, or to carrie far off, may be made with Ric meale.

They that are to be eaten readily, make them with a paste more then half fine.

The English pie is made with puff paste.

The tourte of Franchipanne is made of paste allayed with whites of eggs.

All kinds of tourtes are made with fine or puff paste.

If you doe not find here all sorts of divers pastrie worke, doe not wonder at it, for the

intention is not to make a whole book of them, but onely to speak of them by the by, for to give some instruction of what is most necessary, and what is served up most ordinarily, for to intermingle and diversifie the Courses.

Table

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7. A Method for to make ready
& serve up the Lean Potages.

1. Potage of hearbs.

W Arm some water with butter and salt ;
then take sorrell, buglose, burrledge ,
succory, or lettice, and beets ; after they are
well clens'd, cut them, and put them into an
earthen pot, with the first cut of a loaf, boyl
it some while, untill it be well consumed ;
then stowe your bread, take up and serve.

2. Potage of Crawfish.

Clense your Crawfish, and seeth them with
wine and vinegar, salt and peper ; after they
are lod pick the feet and taile, and fry them
with very fresh butter, and a little parsley ,
then take the bodies of your Crawfishes, and
stamp them in a mortar with an onion, hard
eggs, and the crummes of a loaf ; set them a
stoving with some good hearb broth, or some
other ; if you will use pease porridge, it must
be very clear ; after it is boyled, strain all
together ; after it is strained, set it before the
fire, then take some butter, with a little min-
ced parsley, and fry it, then put it into your
broth well seasoned, and stowe it with your
dry

dry crusts, covered with a dish or a plate, put also on your bread, a little of a hash of Carp, and juice of Mushrooms; fill up your dish, and garnish it with your feet and tails of Crawfish, with Pomegranat, and juice of Lemon, and serve.

3. Potage of Carp.

Take out the bones of a Carp, and put the bones to boyl in pease porridge, with some onion or hard eggs, and crummes of bread, after they are boyled, strain them, fry them with little parsley, and put them in the broth again. After they have boyled, dry and stove your bread, make a hash of the flesh of your Carp; and when it is sod, put it upon your bread, and fill it garnished with *Andovillets*, and all well seasoned, serve with lemon juice, and mushrooms upon it.

4. Potage of Tenches.

Take your Tenches, rake out the bones and the flesh, then farce them with their flesh minced very small, after this you shall close up again neatly the hole whereat you have put in your farce, all being well seasoned. As for the broth, take it, if you will, of pease porridge, or of turnips, or of herbs, or of tenches, or of almonds, or of carps, or of crawfish, it matters not, so that it be good; stove your bread, and garnish it with tenches either farced or roasted, with what other garnish you will, then serve.

5. Potage of Carps farced.

Take out the bones and the flesh of your Carps

Carps, and farce them with their own flesh, sowing up again very neatly the place where at you have put in your farce, as at the tenches; seeth them in a dish with broth, butter, verjuice, chibols, and peper; seeth the bones, and take out and strain the broth thereof, which you shall have seasoned with salt, peper, and crums of bread, and garnish it with your farced carps, capers, and mushrooms, then serve.

6 Potage of roasted Carps.

After they are dressed, slit them on the top, melt some butter, and endore your Carp with it, put it on the gridiron, and broyl it without scails, make a sauce with butter, parsley, chibol, a drop of verjuice and vinegar, all well seasoned and stoved with broth taken out of another pot, or with pease porridge. Then take some turnips, cut them in two, after they are whitened, flowre them and fry them; after they are fryed, put them into a pot with some water or pease porridge, and when they are sod and seasoned, stove your bread, and garnish it with your carps, turnips, and with capers, then serve.

If you doe not put in turnips, you may garnish with mushrooms, or cut sparagus, and with the Omelets of Carps.

7. The Queens pottage

Take Carps or Tenches, seeth them with water, some salt, and an onion, some parsley, hard eggs, and the crummes of a loaf; when

they are sod, strain your broth, and put it into another pot, with as much butter as you would put into another broth; take some almonds, and stamp them well, mixe them with the halt of your broth, and after they have boyled together a while, strain them, and put in an onion stiecked with cloves, and set it upon a few warm cinders; stove your dish with a little of your first broth, and fill up your dish with white broth, with the yolk of an egge allayed with verjuice, and the juice of mushrums, so that it neverthelittle be not too much thickned; then serve garnished with Pomegranate, and slices of Lemon.

8. *The Princesses potage.*

Take pease porridge very clear, in it seeth the bones of Carps with some yolks of eggs, and a bundle of herbs, all well seasoned, then dry a loaf and stove it, fry into it a very little of hash of Carp, and the juice of mushrums; fill up your dish by degrees as it is stoving, and garnish it with mushrums, trouffles, melts, liver of Lorte, with all kinde of hearbs, Pomegranate, and with Lemon slices, then serve.

9. *Potage of Tortoise.*

Dresse them, and cut them into peeces, passe them in the panne with butter, parsley, and chibot; after they are well passed and seasoned, set them a stoving in a dish on the chafing dish with little broth. Which for to make, you

you shall cleanse well your Tortoises, and shall seeth them in water, well seasoned, and shall use it. Have a care you doe not burst the gall in cutting of them; stove your bread, and then garnish it with your Tortoises, and with their sauce, with Sparagus broken about the dish, mushrooms, truffles, lemon slices, and the juice of mushrooms, then serve.

10. Potage of Mushrooms farced.

Take the pickings of your Mushrooms, and wash them well; seeth them in water, or in some other broth, with an onion sticked and a twigge of thyme, all well seasoned; strain your broth, and put it into a pot, then passe also your mushrooms in the panne with butter, parsley, and capers, and put them in the same pot again, you may make the bottom of your potage with some Carpe bones, which you shall boyl with your mushrooms; stove your bread, and when it is well stoved, put on it a bed of hash of Carpes, and then fill it up with your implements by degrees as it doth stove; after it is filled, garnish your potage with your mushrooms farced with the same farce wherewith you have made your hash sod between two dishes, and with melts; and when you are ready to serve, put about it Pomegranate, or Lemon, then serve.

11. Potage of Soals without bones farced.

Fry them almost outright, and open them along the bone, which you shall take out; take
Melts;

Melts, oysters, capers, mushrooms, truffles, and pass them in the pan with parsley and whole chibols; farce your loales with these implements, and after they are farced, stove them with a little broth, fresh butter, lemon or orange juice or verjuice, stove your bread with the broth of any fish you have, as you will and garnish it with your soales, with mushrooms, truffles, melts, and juice of mushrooms, and set about the dish some of slices lemon, serve.

12. Potage of smelts.

Make broth with Almonds, or with fish, or with mushrooms, or with pasc broth; all being well seasoned, stove your bread, and put a little white broth over it, with yolks of eggs allayed, and the juice of mushrooms; take your smelts, fry them, and garnish your potage with them, or if you will, before you garnish, put them with ragoust; which to do, you shall take some parsley, chibols, butter and verjuice, you shall fry them together, and then shall strain them, and after they are strained, you shall put them with your smelts; serve garnisht with pomegranate and lemons.

13. Potage of Sparagus.

Take store of herbs, put them in a pot, with crums of bread, and season them well, then fry them, and after they are fried, put them again in the pot; stove your bread, and garnish it with sparagus, which you shall have caused to seeth with water and salt, and being

being drained, put them with fresh butter, salt and nutmeg; over your potage, you shall serve fried broken sparagus, then serve.

Another way.

Use the same broth, put upon it a little of hash of carpe garnished with fried sparagus, and other mushrooms, and melts, then serve.

Another way.

After your bread is well stoved; garnish it with hearbs and sparagus, with capers and yolks of eggs, and serve. You may whiten your potage if you will.

14. Potage of hasslets of fish.

Take carpes, take out the bones, and make a hash with butter well seasoned with good hearbs, take the bones, and boile them with pease broth, or other broth, with a bundle of herbs, butter and salt; then with your skins of carps, make some hasslets, that is some peeces of skinn of carpe spreading them, and putting them upon your hash seasoned, and eggs for to allay them, then roule them up like small chitterlings; after they are thus rowled up, seeth them in a dish with butter, a little verjuice and a chibol, after they are ready, garnish your bread with your hash and hasslets, and put upon it mushrooms and broken sparagus, then serve.

15. Pottage of lettice farced.

Take lettice, whiten them in fresh water, make a farce of fish or of hearbs, and after
you

you have farced them with it, set them a stoving in a pot with some pease broth, or some other broth, and season them well with butter, with salt, and with an onion sticked with cloves; stowe your bread, and garnish it with your lettice, which you shall cut into halves; you may put to it a bed of a hash of fish, then serve.

16. *Pottage of Cabidge, (or Coleworts,) with milke.*

Cut them into quarters, and whiten them, then put them in the pot with water, store of butter, some salt and peper, and an onion sticked with cloves; after they are well sodden, put some milk to them, stowe your bread, and serve it garnished with your coleworts (or cabidges.)

17. *Pottage of cabidge, or coleworts, with fried bread*

Whiten your coleworts, or cabidge, and put them in the pot, as abovesaid, and serve garnished with fried bread.

18. *Potage of coleworts, or cabidge, with pease broth.*

It is made as abovesaid, but instead of water, you put them in the pot with pease broth: garnish and serve alike.

19. *Potage of pumpkin with butter.*

Take your pumpkin, cut it into peeces, and seeth it with water and salt; after it is sod, straine it, and put it into a pot with an onion sticked with cloves, fresh butter and peper; stowe

your bread, and if you will, allay three or yolks of eggs, and powre them over it with some broth, then serve.

20. *Potage of pumpkin with milke.*

Cut it and seeth it as abovesaid, then pass it through a straining panne with some milk, and boile it with butter, seasoned with salt, peper, an onion sticked, and serve with yolks of eggs allayed as abovesaid.

21. *Potage of turnips fried.*

Scrape them well and cut them into quarters, or in two, whiten them, flowre them, and passe them in the panne with refined butter, which you shall take away when it is very brown, and then you shall put them in the pot with some water, or with some pease broth, let them seeth well, and season them; stove your bread, and garnish it with your turnips, and with capers, then serve.

Another way.

After your turnips are scraped, cut into quarters, and whitened, seeth them with water, butter, salt, and an onion sticked with cloaves; after they are well sod, stove your bread, and after you have put your turnips with some fresh butter, and stirred them often untill the butter is melted, garnish your potage with them, and serve.

22. *Potage of milke with yolks of eggs.*

Take very new milke, and boile it, season it with salt and sugar; when it is ready to boile,

boile, ally seven yolks of eggs for one great dish, and for a small one proportionably, put them into your milke, and stirre it well, in making of it's broth, take bisket or bread, and make your potage with it, which you shall serve sugred.

Another way.

Make your milke ready and garnish it with eggs poached in water, well chosen and very new, to the end they may poach the better, then serve.

23. *Potage of Profiteolles or small vailes.*

Stove your bread with the best of your lean broths, then take six small loaves made for the purpose; drie them wel, and open them on the top about the bignes of one shilling wher at you shall take out the crum; when they are very dry, fry them with refined butter, and after you have drained them well, set them a stoving upon your bread, when you are ready to serve, fill them up with all kinds, as with melts, mushrums, broken sparagoes, trouffles, hartichocks, and capers, cover up your loaves againe with their cover, and garnish with melts, mushrums, pomigrates, and lemon slices, then serve.

24. *Potage of green pease.*

Passé them in the panne with butter or melted lard, the smallest and newest you can finde, and set them a stoving into a small pot, well seasoned with a little parsley and chibol: then

then stowe a loafe with some hearbe broath, or some old pease broath, after it is stoved, garnish it with greene pease, and serve.

Another way.

Take the biggest, and seeth them, then take out the broath of them, and frie some butter into it with a little parsley and minced chibol, and season it well; stowe your potage, and put capers into it, and garnish it with fried bread.

25. Potage of hearbs without butter.

Take a great quantity of good hearbs, when they are new, break them, put them into boiling water, with the first cut of a loafe, and season them well, so that they may be something sharpish with store of sorrell; stowe your bread, take up your potage, and mixe some capers with it, if you will, then serve.

For to make your potage somewhat sharp, take half of the hearbs half sod, and straine them; and for to make it green, you must ampe some sorrell.

26. Potage of onion.

Cut your onions into very thinne slices, frie them with butter, and after they are fried, put them into a pot with water or with pease broath; after they are well sod, put in it a crust of bread, and let it boile a very little, you may put some capers in it; drie your bread, then stowe it; take up, and serve with one drop of vinegar.

27. Potage

27. *Potage of cowcombers farced.*

Take your cowcombers, pare them, and emptie them very neatly, whiten them; and after they are whitened in fresh water, draine them; make a farce with sorrell, yolks of eggs, and whole eggs, all well seasoned, and powre it into your cowcombers; after this put them into a pot with some water or pease broth, seeth, and season them well, with capers if you will, then stove your bread, and garnish it with your cowcombers, which you shall cut into quarters, then serve.

28. *Potage of snow.*

It is made with milke well seasoned with salt and sugar; when you are ready to serve, take the whites of the yolks of eggs which you have allayed for to put into your milke; frie them well, and powre them into your milke, serve and sugar.

Another way for flesh dayes.

Stove your bread with some almond broth, a little minced meate and juice of mutton altogether; when you are ready to serve, frie some whites of eggs, and put them upon your potage, and passe the fire-shovell red hoat over them, and serve.

29. *Potage of mussels.*

Scrape and wash them well, then boile them in a panne with some water, some salt, and an onion, after they are boiled, take them out, and picke them, taking off the shell to some, and leaving it to others for to garnish

garnish; after they are thus picked, passe them in the panne with a little minced parsley; as for your broth, after it is setled, leave the pottome, least there be some gravell; then boile it, and when it boiles, frie into it a little parsley with some very fresh butter; stove your bread; after it is well stoved, take up your potage, garnish it with your mussels, and whiten it with yolks of eggs allayed in verjuice, if you will, then serve.

30. Potage of oysters.

After your oysters are well whitened and flowred, passe them in the panne with a little parsley, then stove them in a pot; stove your bread in other broth, as white meat; after it is well stoved, garnish it with your oysters, whereof you shall frie some, like fritters, for to garnish with pomgranat, lemon slices, and juice of craw-fish, then serve.

31. Potage of grenosts.

Dresse them and seeth them after the manner of stewing, season it with all kinds of good hearbs, with butter, and a drop of white wine: stove your bread, and garnish it with your grenosts, capers, mushrums, and melts of carpes, if you have any then serve.

32. Potage of salmon.

Cut salmon into slices, and frie it, then stove it with a little white wine and some sugar; stove also your bread with any other broth you have, so that it be well seasoned; garnish it with your salmon, the sauce upon it,

it, and thus let it boile a little, then serve.

33. *Potage of frogs with saffron.*

Trusse up your frogs, and boile them with broath, or with pease broath, and season them with parsley, an onion sticked with cloaves, and a twig of thime; stove your bread, and garnish it with your frogs whitened, with saffron or yolks of eggs, then serve.

Another way.

Trusse them up cherrie-like, frie them, and stove them between two dishes with a little fresh butter, a drop of verjuice, the juice of an orange, or of a lemon, and season them well with a bundle of hearbs, then for to make your broath, boile some with pease broath, or water, salt, parsley, chibols, one handfull of stamped almonds, and yolks of eggs; after which you shall straine altogether; stove your bread, upon which you may put a little of the hash of carpe, or other fish, fill up your dish and garnish it with your frogs, lemon, and pomgranate, then serve.

34. *Potage of bran.*

Take wheat bran the biggest you can finde boile it well with water, with one handfull of almonds, and a bundle of hearbs, and season it well; then passe it through a strainer, and put it againe to boile; stove your bread, and fill your dish with this broath, which you may whiten if you will, with eggs allayed with verjuice, and garnish it with fleurons if you have any, then serve.

35. *Potage*

35. Potage of hops.

Take good store of herbs, which you shall season as a potage with the crums of a loaf ; fry all, and put it to boyl in a pot, fry also in it some fresh butter in the panne with a little parsley, and a bundle of herbs ; and powre it into your pot, stove your bread with your broth, after this, seeth your hops with water and salt ; after it is sod and drained, put it with butter, and garnish your bread with it, then serve your potage whitened, if you will, with yolks of egges allayed in verjuice.

36. Potage of Rasberries.

Allay some eggs with some rasberryes, and strain all together, boyl some milk, well seasoned with salt, and when it boyls, powre your complements into it, and stirre it well, take it up, garnish it with rasberries, and serve.

37. Potage of Parsenips.

Clenfe them well, and chuse the middle ones, seeth them with butter and a bundle of herbs, and season them with salt, and clove ticked, then take them out, and take off the kinne if you will, and then put them with butter, and a drop of broth ; stove them, and you shall find your sauce allayed ; your bread being also well stoved, and your potage filled, garnish it with your Parsenips, then serve.

38. Potage of Leeks.

Take the white of your Leeks, and cut them very

very small, keep some of them, which you shall cut in length for to garnish, and shall tie them together; whiten them, and seeth them with pease broth or water; after they are sod stove your bread, and garnish your potage with the Leeks you have cut in length, then serve.

You may whiten them with yolks of eggs allayed with verjuice.

You may also put to it some milk and peper, and serve forthwith.

If you will serve them without whitening of them, you must seeth them with pease broth, put some capers to them, and season well; stove, and serve garnished as the other.

39. *Potage of Barnicle farced.*

After it is well dressed, take off the flesh, and mince it wel with butter, mushrums, yolks of eggs, salt, peper, fine herbs, as parsley, chibols, thime, an egge raw for to allay the flesh, then farce your Barnicle, and close it up with a scure, or a thread; put it in the pot with pease broth, the clearest you can get, and seeth it well, it thickneth but too much with boyling; stove bour bread, and take up your Barnicle with what garnish you have, then serve.

40. *Potage of Lotts.*

Flowre them, fry them, and garnish your potage with them, after that your bread is well stoved with the best of your broths, when it is very full, garnish it with what you have

you as mushrooms, truffles, sparagus, melts, and
 ric whiten them with almond broth, or otherwise
 with the broth of Crawfish.

41. *Pottage of broken Sparagus.*

Dry some crusts, and stove them with the
 best of your broths, garnish them with your
 sparagus and mushrooms, and if you will with
 sparagus in length, then serve.

If you will have them to relish greenenesse,
 whiten them in the broth where with you
 stove your bread.

42. *Potage of Coliflowers.*

Fit your Coliflowers as for to put them with
 butter, and whiten them but very little, then
 make an end of seething them, and season
 them well; stove your bread with any broth
 you have, and garnish it with your Coliflow-
 ers fryed in butter, salt and nutmegge, and
 besprinkle them with broth of almonds, then
 serve.

43. *Potage of Fidelles.*

Peele five or six onions, and mince them,
 boyle them with water and butter; after
 they are sod, strain them through a linnen
 cloth, and seeth your *Fidelles* with the broth,
 and season them with salt and peper; after
 they are sod, stove your bread, and garnish it
 with them, then serve.

You may seeth them with milk.

44. *Potage of Rice.*

Whiten your Rice, and when it is very
 clean, burst it in water or milk; seeth it, after
 it

it is sod, take some proportionably, and strain it, for to make your broth; being seasoned as the *Fidelles*, stove your bread, put a little Rice upon it, and garnish it with puffed *Tailladins* and *Fleurons*; then serve.

You may make a potage with milk the same way, and serve it, if you will, sugred, and garnished with *Macaron*.

45. Potage of *Tailladins*.

Make a paste seasoned onely with salt spread it, and cut it as thinne as you can after the forme of *Tailladins*, passe them in the pan and stove them with a very little of good broth, after they are well stoved, take very little bread, and garnish it with the rest of your *Tailladins*, seasoned as the *Fidelles*, then serve.

Another way.

If you have a little of fine paste, or of puff paste, spread it, and cut it into *Tailladins*, fry it in refined butter, garnish your potage with it, and serve.

46. Potage of broth of green pease.

Seeth your pease but a very little, beat them in a mortar, and strain them with the broth of herbs well seasoned, and a bundle of herbs, then take chibols, parsley, and butter, all being fryed together, powre it into your pease broth, which you shall boyl.

For the garnish, cleanse some lettice, succory, or cowcombers, and small pease fryed and sod with butter, salt, and a little pepper

who

when you are ready to serve, stove your bread with your pease broth, and garnish with what you have, or with Artichocks in bottomes if you will, then serve.

47. *Potage of pease broth of common pease served green.*

Seeth them with water, to have done the sooner, take your pease broth out very clear, and when you are ready to use it, fry into it Parsley, charvel, young sorrell, butter, and capers, then boyl it with all these seasonings; stove your bread with some of your broth; and if you have nothing to garnish with, garnish it with fryed bread, or with *Fleurons*, then serve.

For to serve it green, stamp beets or sorrel, and drop it about your dish.

48. *Potage of Barnickle with turnips.*

After your Barnickle is dressed, larde it with Eele or Carpe, then passe it in the pan, and seeth it with half water, and halfe pease broth well seasoned with butter and a bundle of herbs; when it is almost sod, cut your turnips, flowre them and passe them in the pan with butter, and when they are very brown, seeth them with your Barnickle; when it is sod, stove your bread, and garnish with it, together with your turnips. If your potage is not thickned enough, fry a little flowre into some capers, and a drop of vinegar, then serve.

49. Potage of Barnickle garnished.

It is done as the other, but that if you will have your turnips to make a shew, you may fry them, and season them with a bundle of herbs or onion, and good butter; after it is well sod, serve your potage well garnished with mushrooms and artichocks, and a little thickned.

50. Potage of Leeks with pease broth.

Whiten them a very little, and seeth them with pease broth, well seasoned with butter and salt, stove your bread, garnish it with your leeks, which for to whiten, allay some yolks of eggs with broth, and powre them on it, then serve.

Another way.

After your Leeks are sod, and reduced to little water, put to them some milk well seasoned, and serve.

51. Potage of Flounders.

Take off the tails and heads of your Flounders, and half fry them, then put them in *roux* or *castrolle* with a very long sauce, and well thickned; stove your bread with some of the best of your broths, and garnish it with your Flounders at the top, with mushrooms and capers, then serve.

If you have no fish broth, the pease broth is good.

52. Potage of herbs with cowcombers.

Take all kind of herbs, cleanse them well and stove them with butter and a bundle of herb

herbs, over a small fire, then by little and little fill them with warme water. After they are well boyled and seasoned, put in it the first cutting of a loaf, with an onion sticked, and some capers, if you will, and you may garnish it with sodden lettice; and you may also seeth some pease among the herbs; serve readily, and garnish with cowcombers.

53. Potage of onion with milk.

After your onion is cut very thinne, and fried with butter till it be very brown, seeth it with a little water, well seasoned with salt and peper; after it is enough, put milk to it, then boile it, and serve readily, stoving your dry crusts.

54. Potage of Losches.

Being whole, farce them with a little sorrell, yolks of eggs, and milk, and season them well with melted butter, mixe all together, without flouwing them but of themselves, and seeth them with butter, parsley, salt, and peper, and stove your crusts with the best of your broths, and garnish them with your Losches, which you shal whiten with the yolks of eggs, then serve.

You may serve them at the Entree or first course, or fry them; you may also garnish some potage with them, or use them that it may be brown, and garnish as soon as they are fried.

55. Potage of Wivers.

After they are well cleansed, boyl them with a little pease broth and white wine, oni-

on sticked, or a bundle of herbs, all well seasoned, then take out your Wivers, and put them with ragoust, taking some thickning of trouffles; let them stove well seasoned with salt, fresh butter, minced capers, and one anchovie, and cover them; passe the broth through a strainer, and boyl it with fresh butter, paste parsley, and minced capers; stove a crust of bread, and put over it a few minced mushrooms, and of the flesh of a Wiver; when it is well stoved, garnish it with your Wivers, and the ragoust upon, then serve.

The potage of Gournet is made, served, and garnish'd alike.

57. *Potage of Mushrooms farced.*

It is made the same way as that of the Princess; garnish it with your mushrooms farced, and with melts; fill up with the best of your broth, with such other garnish as you will, and serve.

58. *Potage of Almond milk.*

After your Almonds are stamped, stove them with milk and the crummes of one loaf; then strain them, and season them with salt and sugar; when you are ready to serve, put some sugar in it again, and serve.

A Table of the Entrées (or first
courses) of the leane dayes
out of Lent.

Soales with ragoust	1
Pike with ragoust	2
Tenches with ragoust	3
Farced Tenches with ragoust	4
Tenches fried and pickled	5
Stewed Carpe	6
Carpe farced with ragoust	7
Carpe fried with ragoust	8
Carpe roasted with ragoust	9
Carpe with a halfe short broath	10
Hash of carpes	11
Bream with ragoust	12
Salmon with ragoust	13
Stewed salmon	14
Troutes salmoned	15
Lotte with ragoust	16
Lottes fried with ragoust	17
Oysters with half short broath	18
Oysters with ragoust	19
Oysters in fritters	20
Oysters with ragoust	21
Vilain with ragoust	22
Vilain with a short broath	23
Vilain stewed	24
Soies roasted and farced	25
Soies roasted without farce	26
Soies stewed	27

Barbels with ragoust
 Barbels roasted
 Barbels with half short broth
 Barbels with short broth
 Stewed barbels
 Barbels in Castrolle
 Flounders in castrolle
 Fried flounders
 Fried flounders with juice of orange
 Plice in Castrolle
 Plice roasted
 Barnicle with ragoust
 Barnicle with short broth
 Barnicle roasted with ragoust
 Barnicle without bones, farced
 Allofe roasted with ragoust
 Allofe with short broth
 Allofe stewed
 Lamprey with ragoust
 Lamprey on the gridiron with ragoust
 Lamprey with a sweet sauce
 Eele roasted, with a Greene sauce
 Stewed Eele
 Eele like ferveleast
 Eele with ragoust
 Sea Eele
 Sea Eele stewed
 Sea Eele fried with ragoust
 Lobster with short broth
 Lobster with a white sauce
 Langoustie with short broth
 Langoustie with a white sauce

28 P
 29 P
 30 F
 31 F
 32 H
 33 P
 34 G
 35 G
 36 F
 37 C
 38 F
 39 G
 40 S
 41 G
 42 A
 43 R
 44 S
 45 T
 46 S
 47 P
 48 P
 49 J
 50 J
 51 T
 52 M
 53 A
 54 A
 55 C
 56 P
 57 E
 58 P
 59 S
 Pik

28	Pike farced	60
29	Pike roasted on the spit	61
30	Fresh mackerell roasted	62
31	Fresh herring roasted	63
32	Herrings with a brown sauce	64
33	Pilchers	65
34	Gournet with ragoust	66
35	Grenosts with ragoust	67
36	Fresh cod roasted, with ragoust	68
37	Cod with half short broth	69
38	Fresh cod with ragoust	70
39	Green fish	71
40	Soupresse of fish	72
41	Gammon of fish	73
42	Mussels of fish	74
43	Raye fried with ragoust	75
44	Smelts with ragoust	76
45	Tripes of cod fried	77
46	Scuttles fried	78
47	Poore John fried	79
48	Poore John with a sauce Robert	80
49	Foale of salmon with a sweet sauce	81
50	Foale or chine of salmon in julat	82
51	Tons pickled	83
52	Mackerels salted	84
53	Herrings salted	85
54	Red herrings	86
55	Common troutes	87
56	Pie of lottes	88
57	Eele pie	89
58	Pie of Grenosts	90
59	Small fish pies	91
Pike		Pie

Pie of places

92

Tourte of melts.

93

8. A Method for to make ready
the service of fish for the first
courses in the leane
dayes out of
Lent.

1. *Soales with ragoust.*

TAke your soales, scrape and emptie them, draine them, and wipe them drie, then flowie them and passe them in the pan half fried; afterwards open them, take out the bone, and farce them with capers, mushrums, trouffles, melts, very fresh butter, a few chip-pings of bread, a chibol, a little verjuice and breath, stowe all together, and serve with the juice of a lemon over it.

2. *Pike with ragoust.*

Cut it into peeces, and put it with white wine, a bundle of heaibs, and butter very fresh, and season it well with capers and mushrums; then after the sauce is very short, and well thickned, serve with slices of lemon and pomgranate.

3. *Tenches with ragoust.*

Scald and dress them, cut them into round slices, and wash them well, then boile them
in

92 in a pipkin, with salt, peper, and an onion;
93 put in it half a pint of white wine, and a little
of minced parsley; and the sauce being very
short, thicken it with yolks of eggs, then
serve.

4. Tenches farced with ragoust.

Scald them, and take out the bones, then
make a farce with the flesh, which you shall
season, and with it farce your tenches, with
the yolks of hard eggs; then set them a
stewing in a dish with a little broth and white
wine, a few chippings of bread, mushrums, if
you have any; sparagus, melts, and trouffes,
then serve.

5. Tenches fried and pickled.

After they are dressed, cut them in the
middle, then pickle them with salt, peper,
onion, and lemon peeke; after they are pick-
led, take them out and drie them, flowre them
with flowre, or allay two or three eggs with a
little flowre and salt, and frie them with re-
fined butter; after they are fried, set them a
little a boiling with their pickle, then serve,
and garnish with what you have.

6. Carpes stewed.

Dresse your carpes, take off the scales, and
cut them proportionably to their bigness,
seeth them in a pot, kittle or pipkin, with
white or claret wine, and season them well
with salt, clove, peper, minced onion, chi-
bol, capers, and some crusts of bread; seeth all
well together; and when it is enough, and

the sauce thickned and short, serve.

7. *Carpe farced with ragoust.*

After your carpe is well scailed, emptie it, and cut it along the back bone, take off the skin and take out the flesh, which you shall mince very small, and season it with parsley, fresh butter, salt, peper, yolks of eggs, milke, and melts then make a ragoust, with broath, verjuice, fresh butter, mushrums, sparagus and chibols; after it is well sod, and the sauce well allayed with chippings and capers, serve.

8. *Carpe fried with ragoust.*

You must scale it and emptie it, then slit it, and take out the bone, powder it with salt and flowre it, then frie it in refined butter; after it is fried, serve it drie with the juice of an orange over it.

9. *Carpe broyled with ragoust.*

Emptie it as it comes out of the water, slice it on the top, butter it, and put it on the grid-iron; when it is broiled, make a sauce with fresh butter passed in the panne, parsley and chibol minced very small, verjuice vinegar, and a little broath, season all well, and seeth it with capers; If you will, serve with a greene sauce, and serve as soone as you have put it in.

10. *Carpe with half short broath.*

Take your carpe as it comes out of the water, emptie it and cut it proportionably to its bigness, put it with vinegar, a very little salt, peper.

peper and minced onion, then put it with capers and very fresh butter, seeth it in a kettle with it's implements; and when the sauce is thickned, put it into a dish, least it should smell of the brasse, and serve.

11. *Hash of carpes.*

Take carpes, scale them, emptie them, and take off the skin, cutting it at the gills, and taking it off beneath, after they are unskinn'd, take out the flesh, and mince it with parsley, then allay it with some broth and very fresh butter, season it well, and seeth it with a bundle of hearbs; when it is well sod, put to it creame or milke with yolks of eggs, if you will, and serve, well garnished with sparagus and melts of carps.

12. *Bream with ragonst.*

Emptie it, and put a bundle of hearbs into the body of it, melt some butter, rubbe it with it on the top, and put it on the gridiron; after it is broiled, make a sauce with fresh butter, capers, parsley, and minced chibols, stove it well with vinegar, and a little broth; after the sauce is well thickned, serve.

13. *Salmon with ragonst.*

Roast it sticked with cloaves; after it is roasted, put it with a little very fresh butter, wine, salt, peper, and sugar, stove all together, untill the sauce be short, and almost into a sirup, then serve.

14. *Salmon*

14. *Salmon stewed.*

Cut it into slices of the thickness of two or three fingers, and put it after the way of stewing, sticked with cloves in a kettle with white or red wine, well seasoned with butter, salt and minced onion; seeth it well with capers, if you have any, when the sauce is short and thickned, serve and garnish with what you will.

15. *Troutes salmon'd.*

Seeth and pickle them, and serve them the same way as the common, of which have the direction here under.

16. *Lotts with ragoust.*

Scrape them in warme water untill they be white, emptie them, and put them in white wine, fresh butter, salt, peper, onion, and capers; stove them, and have a care that your sauce may not turne, that is, that it doe not become oilie; garnish with mushrums and melts, and serve.

17. *Lottes fried with ragoust.*

After they are dressed, if they are bigge, slit them on the top, and flowre them, then frie them half with refined butter; put them with ragoust, and frie into it fresh butter, capers, juice of mushrums, parsley, chibols, salt and peper, and the sauce being very short and thickned, serve.

Another way of lottes stewed.

After they are scalded, many do flea them, cut them, or leave them whole, and stew them with

with white wine, a little onion, which if you will not have it seene, you may sticke whole with cloves, salt, peper, butter and a twig of fine hearbs; after they are sod, and the sauce very short and thickned, serve; you may put to it capers or anchovies.

18. *Oysters with half short broth salted.*

Whiten them well in water, then passe them in the pan with butter, parsley, chibols, and season them well, stove them with a little white wine; after they are sod, and the sauce well thickned, serve.

Another way.

As they come out of the shell, put them on the chaufing-dish with fresh butter, nutmeg, chibols sticked with cloves, thime, a few chippings of bread, and the juice of an orange, or of a lemon; after they are sod, serve.

Another way.

Take them dead or alive, cleanse and whiten them wel, then passe them in the pan with an onion very small, good fresh butter, and capers, season them well, when they are sod, serve; you may frie them with lard, and the same seasoning.

19. *Oysters with ragoust.*

Take them very new, open them, and take heed they be not altered, with striking one against another; for they which sound hollow, and which are altered, are only good for to be salted; after you have taken them out

of.

of the shell, take the gravell out of them, and put them into a dish with their water, and fry them with fresh butter, onion, parsley well minced, capers, and a few chippings of bread, when they are enough, serve.

20. *Oysters in fritters.*

Take them very new and whiten them, drain and dry them well; make a paste with verjuice or milk, wherewith you shall allay your flowre seasoned with salt, with one egge or more proportionably; put your oysters into these implements, and take some refined butter, heat it well, and put your oysters therein one after another; after they are fryed, drain them, and strew on them a little small salt, and fryed parsley, then serve.

21. *Oysters roasted.*

Open them, choose the best, and let them lye in their shell, for to eat them new; to them which are something altered, put a very little fresh butter, with a little bread fyed, and a little nutmegge, then set them on the gridiron, after they are roasted, pass the fire shovel red hot over them, that they may have a colour, and take heed they be not too dry, and serve.

22. *Vilain with ragoust.*

After it is dressed, broyl it on the gridiron with a bundle of herbs in the body of it well seasoned; after it is roasted, passe in the pan an onion minced with fresh butter, chippings, capers, and anchovia, all well seasoned according

ording to your taste ; stove all together, and serve.

23. Vilain with short broth.

Roast it after it is taken out of its broth ; make a sauce *Robert*, and stove it with it, and serve with parsley.

24. Vilain stewed.

You may stew it as a *Carp*, and season it well with capers, chibols, parsley, and good fresh butter, the sauce being very short, serve.

25. Soies roasted and farced.

Dress them as they come out of the water, and endore them with butter, then put them on the gridiron, with a little farce, or with some salt, and a twigge of *Sage*, or fine herbs.

For to make your farce, take sorrell, parsley, and raw yolks of eggs, mince and season all together with a twigge of thyme, then put it into your *Soies*, and make a sauce with fresh butter, salt, vinegar, peper, chibol, and parsley, all passed in the panne, and the sauce very short, serve with a little *nugmegge* upon it.

26. Soies roasted without farce.

Roast them without farce, make a sauce a like ; to which you shall adde some capers, then serve.

27. Soies stewed.

Put them as a *Carp*, thicken the sauce well, garnish it with your *Soies*, and serve.

28. Barbel

28. *Barbels with ragoust.*

If they are small, stew them, seeth them well, and serve; it is all the ragoust that one may give them.

29. *Barbell roasted.*

If they are meanly big, dresse them, and broyl them on the gridiron, and serve with a sauce of *haut goust*.

30. *Barbels with half short broth.*

Take them big enough, put them with the half short broth, with white wine, fresh butter, salt, peper, chibols, parsley, and capers, after they are well sod, and the sauce thickned, serve.

31. *Barbels with short broth.*

Seeth them in their short broth, after they are sod, take off the skinne, and put them on a dish, then make your sauce thickned, and put it over it; which for to make well, take half a pound of new butter, with a drop of vinegar, or a little of half short broth; melt it, and as it melteth, put into it one or two yolks of eggs proportionably, thicken it well, and take heed it becomes not oyle.

For to make it with vinegar alone, take nutmegge, salt, gooseberries, or verjuice; seeth all in butter; when it is sod, take it out of your butter, and put it with your sauce, then serve, for the sauce will not be warmed again.

32. *Barbels stewed.*

They are done as the Carp, either whole or cut, with verjuice of grapes.

33. *Dabs in Castrolle.*

Dress them, and emptie them under the tails, cleanse them well, and drain them; after they are drained, put them in a bason or a pipkin, with butter, chibols under, beaten clove, salt, peper, capers, a little white wine or vinegar, and mushrooms, seeth all together leasurly, lest the flesh breake off; after they are well sod, and the sauce thickned, serve the white side underneath, and garnish with your mushrooms.

34. *Flounders in Castrolle.*

Dress and fit them as the Dabs, and serve like.

35. *Flounders fryed.*

Fry them, and put them with ragoust, with the juice of orange, fresh butter, a whole chibol, and minced capers, then serve.

36. *Flounders rosted.*

Rost them on the gridiron, and make a sauce with butter, onion, parsley, salt, peper, and vinegar; after all is well fryed together, serve it with your Flounders, let the sauce be well allayed, and serve.

37. *Plice in Castrolle.*

Dress them as the Dabs, but on the other side, seeth, and make them ready alike, and serve.

38. *Plice*

38. *Plice roasted.*

The Plice are roasted as the Flounders.

39. *Barnickle with ragoust.*

Pull it well, and dress it as a Duck, then lard it with great lardons of Eele or Carp, spit it, and in turning of it, baste it with butter, vinegar, salt, peper, chibols, and lemon peece; after it is half roasted, put it in a pot with water, and with the sauce wherewith you have basted it; after it is well sod, and seasoned, put to it mushrooms, with capers, and serve.

40. *Barnickle with short broth.*

Dresse and lard it as above, then seeth it with water, and season it well, when it is half sod, put to it a quart of white wine, and seeth it well, then serve it with parsley over it.

41. *Barnickle roasted with ragouff.*

Roast it on the spit; after it is well roasted, put it on the gridiron, and make to it a sauce Robert, or such other as you will, then serve.

42. *Barnickle without bones farced.*

Farce it with what you have, mixed, and minced with the flesh of it, and put it with ragoust, after it is sod, garnish it also with what you can, as mushrooms, truffles, sparagus, andouillets, melts, or rissoles, or fleurons, season all well, and serve.

43. *Allose roasted with ragoust.*

Empty it at the gills, and put in it a little salt,

Salt, fine herbs, and an onion, rost it ; after it is roasted, make a sauce with fresh butter, chibbols, minced parsley, capers, gooseberries, or verjuice, all passed in the panne, and well seasoned, stowe it with your Allofe ; allay the liver of it with the sauce, if it is not thickened ; or garnish with it, then serve.

44. Allofe with short broth.

Seeth it with a short broth, and when it is halfe sod, take it out, and set it on the gridiron, then stowe it with a brown saute, and serve.

45. Allofe stewed.

Scald it well, seeth it after the way of stewing, after it is stewed very well, and the sauce allayed, so that it be not oily, serve.

46. Lampraye with ragoust.

After is dressed, make it ready and serve it as the Alofe stoved.

47. Lampraye on the gridiron with ragoust.

After it is dressed, cut it proportionably to its bignesse, then put it on the gridiron ; after it is broyled, make to it such a sauce as you will, so that it be of *haut goût*, then serve.

48. Lampraye with sweet sauce.

Dresse and cut it alike, make a sauce with vinegar, sugar, two or three cloves, a little butter, and little salt ; stowe, and serve.

Another way.

Cut it into small peeces, and seeth it with wine, and sugar, and season it a very little, because

cause of the sugar, mixe with it a little butter and capers, then serve.

49. Eele roasted with a green sauce.

Cut it in length, and rost it on the gridiron, then take sorrell, or beets, and take out the juice, fry an onion very small, seasoned with salt, peper, a drop of vinegar, minced capers, and orange peelee; stove your Eele with this sauce, and when you are ready to serve and your sauce well allayed, powre your juice over it, then serve.

50. Eele stewed.

Cut it into peeces, and stew it with parsley, capers, white wine, fresh butter, all well seasoned, then serve.

51. Eele like Servelast.

Dresse your Eele, and skinne it; which to doe, take it next to the head and cut it, then with a clout draw the skin downwards, after it is skinned cleave it in two, and take out the bone, beat it well, and slice it in two, spread your two slices, and put to it peper, salt, butter, and parsley, rowle them up, and tye them very fast, put them into a pot with white wine, well seasoned, and seeth them well; after it is well sod, take it up, and cut it into slices, garnish a plate with it, and serve.

52. Eele with ragonst.

Cut it into peeces, and put it in a pan, or pipkin with white wine, butter, chibols, minced parsley, capers, salt, peper, and a few chipings

ngs of bread for to allay the sauce ; after it is
nough, serve, and, if you will, whiten with
olks of eggs in verjuice.

Another way.

You may fry it with refined butter, or with
yle ; after it is dressed, cut the sides, and take
out the bones, pickle it a while, and if you
will garnish with it, fry it as soon as you will ;
if it is to serve warme, fry it onely when you
have use for it ; which you shall doe after you
have dryed it wel, cut very thin and flowred,
or fryed in a paste. Serve with juice of o-
range or lemon.

Another way.

Roast it as the Lampraye, and season it with
baut goust, with what garnish you will.

53. Sea Eele.

Make it ready as the first ragoust of com-
mon Eele.

54. Sea Eele stewed.

After it is dressed, cut it into lumps, and
season it as the other stewings.

55. Sea Eele fried with ragoust.

Make it as the second ragoust of common
Eele, then serve.

56. Lobster with short-broth.

Seeth it with short broth, well seasoned
with what is necessary ; after it is sod, cleave
it in two, and serve it with vinegar and
parsley.

57. Lobster with a white sauce.

After it is sod, take out the bones, and cut
the

the flesh into peeces, which you shall fry with butter, minced parsley, and a drop of verjuice; which being done, take three or foure yolks of eggs with a little of nutmeg, and put them in the panne, serve forth with and garnish with the feet of your lobster.

58. *Langouste with short broth.*

Seeth it, season and fry it as the lobster, and garnish with the feet of your langouste, then serve.

59. *Langouste with white sauce.*

It is done the same way as the lobster, serve it drier with parsley.

60. *Pike farced.*

Slit it all along the backe, and take off the skin from the head to the taile; take out the flesh and the small bones, leave the backe bones for to keep it the firmer when it is farced. Which to doe, take half of flesh of pike, and half of carpe, or of eele, mince it very small with parsley, raw yolks of eggs, salt, peper, fine hearbs, butter and milke mixed together, with mushrooms; farce your pike, and sew it up againe, then seeth it in a dripping panne, make your sauce with fish broth, or pease broth, a drop of verjuice, and a little vinegar, which you shall passe in the panne with parsley, capers and mushrooms, which you shall season and seeth well; serve and garnish with what you will, after it is well lod.

61. *Pike*

61. Pike roasted on the spit.

Dress it the same way, and spit it ; to the end it may hold fast, wrap it in with buttered paper, and when it is roasted, take it off of the spit, and stove it in the same sauce as the other, and garnish it with mushrooms, melts of truffles, pistaches, truffles, and broken sparrows, and have a care that the sauce be not too thick ; then serve with pomgranat, or lemon juice.

62. Fresh mackerells roasted.

Roast them with fennell, after they are roasted, open them, and take off the bone ; then make a good sauce with butter, parsley, and gooseberries, all well seasoned ; stove a very little your mackerells with your sauce, then serve.

63. Fresh herring roasted.

Emptie them at the gills, and roast them on the gridiron, moistned with butter ; after they are roasted, make a sauce with fresh butter, a drop of vinegar, salt, pepper and nutmeg, mixe some mustard with it, and serve.

64. Herrings with brown sauce.

After your herrings are roasted, make a brown sauce, making your butter brown in the panne with parsley, and chibols minced, which you shall put into your brown butter with a drop of vinegar ; if you will, put to it capers, and serve.

65. Pilchers

65. *Pilchers.*

After you have scailed them, make them ready as the herrings roasted; serve with white or brown sauce with mustard.

66. *Gournet with ragoust.*

After it is well dressed, put it into a dish and season it well with butter, salt, pepper, bundle of hearbs, mushrooms, minced parsley, verjuice and broth; seeth it betweene two dishes; after it is lod, serve it with a sauce thickned; as for the garnish, you shall put some if you have any, if not, you shall let it alone. You may also make it ready as the *grenost* which followeth.

67. *Grenost with ragoust.*

Dresse and slit it, then butter it well on the top, and rost it on the gridiron; after it is roasted, make a brown sauce, with which you shall stove it, for to cause it to take salt, and the savour of what you have put to it, or serve.

68. *Fresh cod roasted with ragoust.*

After it is dressed, you must butter it and rost it on the gridiron, seasoned with salt and clove sticked; As it is roasting, baste it with butter; after it is roasted, make a sauce with very fresh butter, into which, after it is half brown, you shall put some minced parsley, and if you will, some onion or chiboll, which you may take out, because of the fantastical; mixe a little broth with it, a drop of vinegar and minced capers; stove your cod

in its sauce ; when you are ready to serve, put some mustard in it, if you will , then serve.

69. Cod with half short broth.

Seeth it with white wine, salt, peper , a bundle of herbs ; after it is sod, drain it, and make a sauce with butter, a drop of its short broth, a little nutmegge, and salt, set it on the fire, and turn it well ; in turning of it al- lay with it two yolks of eggs, and powre it on your Cod, then serve.

70. Fresh Cod with ragoût.

After it is scailed, empty it, slit it at the top, then put it into a dripping pan, or into a flat bason, with good butter, salt, peper, and beaten cloves, some chibols under, some broth or pease broth ; boyl all, and put to it some parsley, a drop of vinegar, and a few chippings of bread over it ; seeth it before the fire, or in an oven for the better ; after it is sod, serve.

71. Green fish.

Take it unsalted, scrape it, and seeth it in a kettle with fresh water, boyl it a very little , and scim it; after it is scimmed, take it off of the fire, and cover it with some table cloth in double ; when you are ready to serve, set it a draining ; make a sauce with some butter a-boll one, take heed that it turn not, put it upon your fish, and serve with parsley on it, and a drop out it.

72. *Soupreſſe of fiſh.*

Take the fleſh of Carp, Eele, and Tench mince them together, and ſeaſon them with a little butter very freſh, with capers, and ſome herbs; ſet up all into a linnen cloth, and tie it, then ſeeth it with white wine like a ſhoulders broth; after it is ſod, ſet it a draining; after it is drained, untie it, cut it into ſlices, and ſerve it on a plate as a gammon of bacon.

73 *Gammon of Fiſh.*

It is made the ſame way as the Soupreſſe but that you doe wrap in your implement with Carp ſkinne, over a wrapping of butter paper, and over it yet a linnen cloth; ſeeth it alike, and ſerve it cold, as a gammon of bacon.

74. *Muſſes of fiſh.*

Cleanſe them, and boyl them a very little with a bundle of herbs as ſoon as they are opened, take them up, and take them out of the ſhell, then fry them with freſh butter, paſſey, and minced chibols, ſeaſoned with pepper and nutmegge, then allay ſome yolke of egges with verjuice, and mixe them together, ſerve, and garniſh with the beſt ſhape of their ſhells.

75. *Raye fried with ragouſt.*

Dreſſe it, waſh it well, and take off the ſkin which is upon it, then empty it, and take out the liver very neatly, and the gills alſo; if your Raye is big, take off the two ſides, and leave the body; ſeeth them with white

white wine, or verjuice, salt, pepper, onion, and
the herbs; when they are sod, let them take
salt a little, and take heed of the rellish of
the brasse; after that, take them out, and take
off the skinn, make a brown sauce with but-
ter, parsley, and chibol, very small, and passed
with brown batter; put a drop of vinegar to
it, and a peece of liver, and stowe it with it;
serve with gooseberries, or verjuice in the
season, and garnished on the top with the
best of the liver which you had in the kettle,
your Raze being half sod, and cut it into
slices.

76. Smelts with ragoust.

File them up together into rows, thrusting
small rod through their eyes, flowre and fry
them, put to them a little small salt, and take
off the rod as you put them in the dish, then
serve with orange or lemon.

77. Tripes of Cod fried.

Seeth them, and after they are sod, fry
them with butter, onion minced, or chibols,
parsley, salt, and pepper, and at the latter end
some vinegar, and a little nutmeg. You may
whiten them with yolks of eggs and with ver-
juice, and serve.

78. Scutt'es fried.

Boyl them, after they are enough, cut them
into peeces, and fry them as the tripes of Cods,
and serve.

79. Poor John fried.

After it is well unsalted, cut it into peeces

and seeth it, after it is sod, drain it, and fry it with butter, onion, peper, and vinegar then serve.

80. *Poor John with a sauce Robert.*

You may put it with butter, a drop of verjuice, and some mustard, you may also mix with it some capers and chibols.

Another way.

You may serve it with oyle, vinegar, and onion minced.

81. *Foale of salmon with brown sauce.*

Unsalt it well, scale it, boyle it in water and seeth it proportionably, as it is thick then let it rest; when you will use it, make a brown sauce, with butter, onion, peper, vinegar; put it over it, and serve.

Another way.

After it is sod, draine it, and let it cool and serve it with minced onion, oyle and vinegar.

82. *Foale or chine peece of salmon into salat.*

After it is sod, put it with oyle, vinegar, cresses, or other such salat as you will, and some capers, if you have any, then serve.

83. *Tons pickled.*

Dresse them, and cut them into slices or peeces of the thickness of three inches, steepe them with cloves, and put them into a pot with salt, peper, vinegar, and some bay leaves; cover it well, and when you will use it, unsalt your peeces, and seeth them with wine; serve them dry, or with a brown sauce.

d fr sauce, seasoned with what you will.

egars 84. *Mackerels salted.*

Slit them along the bellie, and salt them; or to use them unsalt them, and seeth them in water, after they are sod, serve with parsley, vinegar and peper, you may put some oile if you will.

Another way.

and After they are sod, make a sauce to them with butter, onion, vinegar, peper, and mustard, stove and serve.

aters 85. *Herrings salted.*

hick When you will use them, unsalt them, make braine and drie them, then rost them and vine serve with mustard or with peale.

Another way.

You may serve them stewed, cutting them into peeces, and seething them with onion and butter.

86. *Red herrings.*

at. After they are half salted, file them, and egars let them a smoaking in the chimney; when and you will use them, open them and steep them in milke; for to serve, take them out, and rost them a very little on the gridiron, and serve, if you will, with mustard.

87. *Troutes common.*

Dress them at the gills, pickle them; after they are pickled, slit them according to their bigness, and seeth them leasurely with a short broath, seasoned with all what is fitting, and whereof you shall find the making in severall

places of the fish services ; and take heed that their flesh doe not break from the bones after they are sod , serve them whole with parsley , in a plated napkin.

88. *Pie of lottes.*

After they are dressed and well whitened, cut them into peeces , and put th m in fine paste or puff past, with some garnish, as melts of carpe, capers, broken sparagus , mushrooms, yolks of eggs , and season all well , then serve.

89. *Fete Pie.*

Cut it into round slices , and put it in your sheet of paste , well seasoned with yolks of eggs , parsley , mushrooms , sparagus , melts, verjuice of grapes , or gooseberries , in the season ; Doe not spare the butter , salt nor pepper ; cover your pie , and endorse it ; for to keep it up, take some small bindings of paper, butter them , and put them round about it , and tie th m softly with a thread ; bake it , and after it is baked, allay three yolks of eggs with a drop of verjuice and a little nutmeg , and when you are ready to serve, put it in and mixe it well , then open it , and serve it garnished round about with the crust cut into four.

90. *Pie of grenost.*

Dress your grenost , or manie if you have them , and slit it at the top , make a sheet of fine paste , of what shape you will , make up your pie , and when it is made up , put your

fish

th in it , garnished with what you have , as
 mushrooms, capers, parsley minced, hard yolks
 of eggs , bottoms of hartichocks , and broken
 paragus, all well seasoned with butter , salt,
 pepper , and nutmeg , then cover and endore
 it. If it is ris'd up , bind it with buttered pa-
 per ; bake it , and forget not to give it vent,
 as soone as it hath taken crust , for it would
 break it of it selfe , and it may be, beneath, and
 so all the sauce should be lost ; which you
 could not put in againe in the same way. Af-
 ter it is baked , make an allaying with yolks
 of eggs raw , and a drop of verjuice , and
 put it into your pie at the top with a funnell ,
 and mixe it well on all sides with stirring of
 it ; serve it warme, and garnished about with
 the upper crust , cut as you will.

91. *Small pies of fish.*

Take out the bones of a carpe , and of an
 tele , mince the flesh with parsley , a small
 twig of thime , and some butter ; after it is
 well minced , and seasoned with nutmeg ,
 make a fine paste , and make up your pies of
 what bigness you will , fill them , cover them
 and endore them ; upon the big ones you may
 put a chapiteau ; after they are baked , serve.

92. *Pie of plices.*

After they are dressed make up your pie of
 the bigness of your plices , and put them in ,
 slitted onely on the top , and garnished
 with mushrooms , sparagus , hartichocks , ca-
 pers, and hard yolks of eggs, all well seasoned

with very fresh butter, salt, peper, minced parsley, and a slice of lemon, or of orange, cover, and bake it; when it is baked, mixe with it some yolkes of eggs allayed with verjuice, then serve.

93. *Tourte of melts.*

Whiten them well, and draine them, then make your sheete of paste, and garnish it with your melts of Carpes, mushrums, trouffles, capers, hard yolks of egges, broken sparagus, bottomes of artichocks, salt, peper, parsley, and fresh butter; cover it, and bake it in the oven, or in a tourte panne. Endore it with eggs, if it be in flesh time; after it hath taken crust, give it vent; when it is baked, uncover it very neatly, cut the lid into four, put it round about, and serve.

A Table of the Egges for the
Entree or first course, as
they are now served up,

Eggs farced	1
Eggs with bread	2
Eggs of the Moon shine (au miroir)	3
Eggs wite black butter	4
Eggs with milk	5
Eggs with sorrel.	6
Eggs fryed into slices	7
Eggs poached in water	8
Eggs with creame	9
Omelet of creame	10
Omelet of parsley	11
Eggs with verjucie	12
Eggs with anchovies	13
Eggs with cheese	14
Eggs mixed, or stirred together	15
Eggs of the moon shine (au miroir) with creame	16
Eggs made ready in glasses	17
Omelet farced	18
Eggs into snow	19

*The way of making Eggs ready for the
Entrees, or first courses, as they
are now in use.*

1. Eggs farced.

TAKE sorrell, alone if you will, or with other herbs, wash, and swing them, then mince them very small, and put them between two dishes with fresh butter, or passe them in the panne; after they are passed, stove and season them; after your farce is sod, take some hard eggs, cut them into halves, a cross, or in length, and take out the yolkes, and mince them with your farce, and after all is well mixed, stove them over the fire, and put to it a little nutmegge, and serve garnished with the whites of your egg, which you may make brown in the panne with brown butter.

2. Eggs with bread.

Take bread, crum it, and pass it through a straining panne, if you will, melt some butter, after it is melted, put it with your bread, and some sugar, then choose some very new layd eggs, as many as you have occasion for, and beat them well with your bread, sugar, butter, salt, and a little milk; for to seeth them, melt a peece of butter very hot, put your implements into it, and seeth it; for to give them a colour, passe the fire-shovell red hot over them, and serve your eggs sugred.
You

the You may make them ready in a dish, or in a
bourte panne.

3. *Eggs after the looking glasse, or au miroir.*

Take them very new, melt a peece of butter
in them very fresh, put in your eggs and a little
salt; when they are enough, put a little nut-
meg on them, and take heed the yolks do not
break, nor be too hard, then serve.

4. *Eggs with black butter.*

Break very new layd eggs in a dish, and
have a care that the yolks doe not break, put
salt to them, make some butter brown in the
panne, and seeth them in it; after they are
enough, put a drop of vinegar in the panne,
passe it over the fire, powre it on your egges,
and serve.

5. *Eggs with milk.*

Break your eggs, salt them, and sugar them
if you will, beat them well, and mixe your
milk with them; for to seeth them, melt a
little fresh butter in a dish; after it is melt-
ed, put your implements in it, seeth them,
and give a colour with the fire shovell, when
they are enough, sugar and serve.

6. *Egges with sorrell.*

Take very young sorrell, after it is very
clean and drained, put it between two dishes
with butter, salt, and peper, when it is well
consumed, allay the yolk of an egge with it,
and garnish it with eggs cut into quarters, or
as you will, and serve.

For to keep your eggs alwaies fresh, put them
into fresh water.

7. *Eggs*

7. Egges fried into slices:

Make them hard, take them out of the shell, and cut them into slices, then fry them with good butter, parsley, chibols minced, peper, gooseberries, or verjuice of grapes; after they are well fryed and seasoned, put them into a dish with a drop of vinegar passed in the panne. If the sauce is too shoort, put in it a drop of broth, then serve with nutmeg; if you will, mixe with it capers, mushrooms, broken sparagus, fryed before you mixe them, as also the musbruns, for it would not be good otherwise.

8. Egges poached in water.

Take the newest you can get, boyl some water, and when it boyles, break your eggs in it, let them sceth a little, striking on the handle of the pipkin, lest they stick in the bottome, and that they burn, then take them out softly, and drain them. For to serve, make a brown sauce, or green, with a handful of sorrell, whereof you shall take out the juice, then melt a little butter, with salt, nutmeg, and the yolk of an egge, all well seasoned and allayed together; after this, you shall put your juice in them, and stir them, and serve forthwith.

9. Egges with creame.

Break some eggs proportionably, take out half of the yolks, and beat them well with sugar and a little salt, mixe your cream with them, and seeth all in a pipkin; after it is sod, serve

serve upon a plate, and sugar. If you will give a colour, you may doe it with the fire-novel ; and if you doe love sweet odours, you may put some.

10. Omelet of creame.

Break some eggs, take out half the whites, season them with salt and creame, and beate all well together, warm some butter, a little more than ordinary ; and when it is enough, serve it in square, or triangle, or as it is, and sugar it well if you will.

11. Omelet of parsley.

Break your eggs, and season them with salt, a fley minced small, and chibols, if you will, beat them well with butter, and make your Omelet ; after it is made, you rowl it if you will, and cut it into round slices, garnish the plate with it, sugar, and serve as readily as you can.

12. Egges with verjuice.

After you have broken your eggs, season them with salt, and beat them well, take out the treads, and take out some embers, over which you shall turne them, in putting into them some butter, and verjuice of grapes beaten, and passed in the pan ; when they are enough, serve, but have a care they be not too thick.

13. Egges with anchovies.

Cleanse well your Anchovies, and unsalt them, changing often their water or wine ; take out the bone, and melt them in a dish with

with very fresh butter ; when they are melted , breake some eggs according to the proportion of your sauce ; and after they are lod and mixed , serve them with a little nutmeg.

14. Eggs with cheefe.

Take butter and cheefe, and melt them together , which you may doe easily , cutting your cheefe very small ; when they are melted, break as many eggs as you think may seeth in what you have melted ; after they are well beaten, put them over the fire, and stirre them as they seeth ; and when they are sod not too thick, serve with a little nutmeg.

15. Eggs mingled or stirred together.

Melt some butter with eggs in a dish, seasoned with salt and nutmegge, when they are on the fire, stir them with a spoon untill they be enough, and serve.

16. Eggs in the moon shine with creame.

Make a bed of butter in your dish , and break your eggs over it, after they are broken, season them with salt, then put some creame to them untill they be hidden, or some milk, so that it be good, seeth them, and give them colour with the fire-shovel red, then serve.

17. Eggs made in glasses.

Make a preparation like that of the eggs with bread, and adde some cream to it, which be not sowre, and a little sugar, and a little of crummes of bread, then take some furne-glasses, put them on a plate near the fire, with a very little butter in them ; when the butter is

melted, put also your implements in these
 glasses, as they are before the fire they doe
 seeth, but as they do seeth, turn them; after
 they are sod, powre them out upon another
 plate, they will come out of the glasses the
 sharp and upwards; serve them thus, and gar-
 nish them with cinamon and lemon-peel pre-
 served.

18. *Omelet farced.*

Break your egges, and put more yolkes
 than whites, put to them some remnant of
 butter, if you have any, or make one of pur-
 pose, with all sorts of herbs according to your
 taste, and seeth it before you mixe it with
 your egges, season all with salt, and if you
 will, with sugar, beat it well, and seeth it
 with butter or lard, then serve your Ome-
 let sugred if you will, and plate it square,
 or in triangle, or rowle it up for to cut it in
 slices.

19. *Egges with snow.*

Break some eggs, sever the whites from
 the yolkes, put the yolkes in a dish upon
 butter, and season them with salt, and set
 them upon hot cinders; beat and whip well
 the whites, and a little before you serve,
 powre them on the yolks with a drop of rose-
 water, and the fire-shovell over them, then
 sugar and serve.

Another way.

You may put the yolks in the middle of
 your

your snow, which is made with your whites of eggs whipped, and seeth them before the fire with a dish behind.



Table of the second of Fish.

T urbot with short broth	1	Mac
Dabs with short broth	2	Dab
Wivers roasted on the gridiron	3	Pike
Soales fried	4	Sal
Salmon with short broth	5	Loat
Sturgeon with short broth	6	Car
Grenosts in castrolle	7	enc
Bescard with short broth	8	Bar
Purpose with short broth	9	Bar
Purpose with ragoust	10	Soa
Flounders fried with ragoust	11	Vila
Sea Otter with short broth	12	Vila
Sea Otter on the gridiron	13	Soa
Raye fried	14	Gan
Tenches with short broth	15	Gou
Allose with short broth	16	Fre
Allose roasted	17	All
Fresh cod	18	Fre
Bream roasted	19	Pil
Pike in blew	20	Lar
Pike with sauce	21	Eel
Trouts with short broth	22	Lo
		Lar

Troute

rite the	route salmoned	23
	ereches with short broth	24
	otts	25
	otts in castrolle	26
	arpe in blew	27
	arpe farced	28
	melts	29
	lice	30
	Macreuse	31
	Macreuse with ragoust	32
	Dabs in castrolle	33
	Pike farced and roasted	34
	Salmon with a sweet sauce	35
	Lotts with ragoust	36
	Carpe with half short broth	37
	Tenches fried with ragoust	38
	Barbels with ragoust	39
	Barbels in castrolle	40
	Soales with ragoust	41
	Vilain with ragoust	42
	Vilain with short broth	43
	Boale of salmon	44
	Gammon of fish	45
	Gournet	46
	Fresh mackerels	47
	Allose roasted	48
	Fresh herrings	49
	Pilchers	50
	Lamprels of all sorts	51
	Eeles of all sorts	52
	Lobsters of all sorts	53
	Langoust with short broth	54
	Oysters	

*Oysters roasted**Fried carpe**Barbels with sauce**Plice roasted with ragoust**Plice in castrolle.*

10. Discourses & Method how to serve the second fish.

1. *Turbot in Castrolle.*

Dress it and emptie it under the bellie, flitting it there very neatly, or otherwise at the gills; put it into a panne with white wine, untill it steeps, and season it well with salt, peper, cloves, fine hearbs, as rosemarie, thime and onion, and let it seeth leasurely, least the flesh should break off from the bones; after it is sod, let it rest a very little, least it should take the taste of brasle; serve it garnished with flowers and parsy.

You may cut it before you seeth it thus.

2. *Dab with short broath.*

It is made ready the same way as the turbot, but that the short broath must not be of so quicke a taste, because it taketh salt sooner, being thinner; after it is sod, serve it with parsey upon it.

3. *Wivers roasted on the gridiron.*

They are dangerous, by reason of three prickles,

pickles, which they have about the head, therefore when you dress them, remember to scrape them, and to cut off these thornes, and the head at the gills, whereat you shall also emptie them; when they are thus dressed, and emptied, slit them on the top, and melt some butter, and frie some into the slits, with salt and clove, then set them on the gridiron; when they are roasted, make a brown sauce with fresh butter, salt, and peper, minced parsley, gooseberries, or verjuice of grapes, and a drop of vinegar, stove them with your sauce, and serve.

4. Soales fried.

After they are dressed, drie them, and if they are big, slit them along the back, flowre them, and frie them in salat oile, or refined butter; when they are fried, powder them with salt upon them, and serve with orange.

5. Salmon with short broth.

Emptie it at the gills, and slit it along the back, and put it in your short broth well seasoned; when it is enough, serve.

6. Sturgeon with short broth.

You may serve it roasted on the gridiron, but in the second, you must put it with short broth, and serve it as the salmon, except that when it is sod you take two or three napkins luted, and put them over it bespread with parsley, and thus, you serve.

7. Grenost in Castrolle.

Although it is commonly served with short broth,

broth, yet for the second, it may be served in a castrolle, which to doe, you must put it into a pipkin, season it well and garnish it with mushrooms and truffles; have a speciall care that when it is sod, the flesh doe not break off from the bones.

8 *Bescard with short broth.*

Make it ready and serve it as the sturgeon above.

9. *Purpose with short broth.*

It is served and made ready the same way as the sturgeon and Beccard above, but that the seething of it is much longer; when it is enough, serve.

10. *Purpose with ragoust.*

Cut it in peeces, and rost it on the spit, as it rosteth, baste it with butter, salt, vinegar and peper; after it is well roasted, baste it with another sauce made with butter and minced onion, then mixe all together, and stove it, mixe a little flower with it, and serve.

11. *Flounders with ragoust.*

They are made ready the same way, as in the discourse of the first courses of fish.

12. *Sea Otter, with short broth.*

Dress and prepare it for to put it with short broth, which you shall make ready the same way as that of the barbells; when it is sod, serve it dry with parsley in a napkin over it.

13. *Sea Otter on the gridiron.*

Dress and rost it; when it is roasted make such

sauce to it as you will, so that it be of a
 nicke taste, and because those great lumps
 take hardly a taste, slit them or slice them on
 the top, stove it with it's sauce, so that it be
 almost imbibed, or soaked into it, then serve
 it, and garnish with what you have.

14. *Ray fried.*

After it is well dressed and cleansed, pickle
 it with vinegar well seasoned, and a little be-
 fore you serve, frie it with refined butter, or
 with salat oile; when it is well fried and
 crispe, set it a draining, and bespread it with
 small salt, then serve it whole, or the two
 sides set together again, with orange.

15. *Tenches with short broth.*

After they are well scalded, you may put
 them with short broth, as above said, and serve
 them with parsley.

16. *Allose with short broth.*

You may also put the Allose with short
 broth, serving it with the scales, well sea-
 soned with parsley in a napkin over it.

17. *Allose roasted.*

As it comes out of the short broth, put it
 on the gridiron; when it is roasted make a
 sauce like sauce Robert, and stove all toge-
 ther, but a very little, then serve, and if you
 will, put some capers to it.

Another way.

After it is scaled and dressed at the gills,
 well cleansed and dried, frie it in fresh but-
 ter, and rost it well, then slit it all along the
 backe,

backe, take out all the bones, and close it againe, take the *melt*, and with store of good hearbs make a sauce something sharp, because this fish is sweet of it self; put into it capers, anchovis, mushrums, and thicken your sauce with a few chippings of bread palled in the panne.

Or otherwise make a farce with sorrell well seasoned, and after it hath boiled a very little serve.

18. *Fresh cod.*

Put it after the way of short broth, and let it boile but a very little, and take it out againe; then let it rest, and cover it with a table-cloth or napkin, and when you will serve, draine it, make a sauce thickned, and serve with parsley.

19. *Bream roasted.*

After it is dressed, rost it on the gridiron and butter it on the top; when it is roasted make a sauce with fresh butter, parsley, and chibols, vinegar, salt, and peper, stove all together, and serve.

Another way.

You may put it with short broath, and then rost it, and after, a sauce with very fresh butter, parsley and chibols minced, passe all in the panne; and when you will serve, mix with it some sorrell juice, and serve.

20. *Pike with blew.*

Dress it as it comes out of the water, and cut it, or let it whole, and in this last water

it it all along the back, then put it in a bason, and take salt, vinegar, onion, peper, and lemon, or orange peece good store, boile all together a very little, powre it on your pike, and presently it becomes blew; for to seeth it, boile your white wine well seasoned with salt, put your pike into it, and let it seeth; taste your short broth, if it be strong enough, and let the pike rest into it, untill it hath taken a taste, have a care that it doe not remaine too long in it, and in this case, take it out untill you be ready to serve; which you shall doe warme, with parsley, in napkin.

21. *Pike with sauce.*

After it is sod as above said, take off the skin, and take a drop of your short broth, put in a dish with half the yolk of an egge well layed, some very fresh butter, and nutmeg; let the sauce be well thickned, and well seasoned with salt, chibols and peece, and if you will, put in it anchovis; but take heed it become not oilie, and serve your pike hot.

22. *Troutes with short broth.*

Slit them proportionably to their bigness, and give some strength to your short broth; before you seeth them, dress them at the gills, and pickle them; after which let them seeth easurely, least the flesh leave the bones; after they are enough, serve them with parsley in a napkin plated, which you shall cover with flowers in the season.

23. *Troutes*

23. *Troutes salmon'd.*

Make them ready, and serve them as the common troutes above written.

24. *Perches with short broth.*

As they come out of the water, dress them at the gills, and put them in a short broth of white wine, well seasoned with all kinds as peper, salt, cloves, lemon, or orange peeles, chibols and onion; after they are so take them out, and take off the skin; make sauce with a drop of your short broth, allay'd with vinegar, the yolk of an egge, an onion in quarters, fresh butter, salt, and a very little of white peper, mixe all together ready over the fire, powre it on your perches, and serve.

25. *Lottes.*

Make some water lukewarm, put them in it, take them out a while after, take off the slime with a knife, and thus you shall make them all white; then dress them, wash them, put them between two linnen cloathes, and drie them; set aside them which are biggest, and slit them on the top, for to serve to the table with oile or refined butter, with salt and orange serve.

26. *Lottes in Castrolle.*

Put your lottes in castrolle, and season them with butter, salt, beaten cloves, peper, orange peeles, a bundle of hearbs, verjuice, a drop of vinegar, and a very little broth; when they are ready, serve, and garnish, if you will, with anchovies.

anchovis, capers, mushrums, and any other
 garnish you have.

27. *Carpe with blew.*

The best sort of carpe is that with *melt*; take
 alive, and season it for to put it with short
 roath, in the same manner as the pike above
 written in the 20th article. If it is big, ye
 may cut it into foure, or slit it along the
 backe, and put it in a bason into blew; if you
 will, seeth it in a fish kettle, put a leafe in
 the bottome, take your carpe with a clout,
 season it well with onion, peper, salt, cloves,
 leele, and all well wrapped in your linnen
 cloath, set it a boiling, the leafe under it, least
 it doe burne with much boiling, or that the
 linnen cloath sticke to the kettle; let not your
 short broth be altered with any thing, but
 let it be well seasoned with all what is fitting.
 When it is boiled leasurely, serve it with parli-
 may in a napkin.

28. *Carpe farcde.*

Take up the skin over the back as far as
 the bellie, take out all the small bones, the
 spines and melts, and take out of the head the
 eyes and the tongue, then make a farce with
 a little flesh of carpe well minced, and sea-
 soned with as much butter as flesh, a little
 chibols, and a twig of fine hearbs; al-
 so mixe with it mush-
 rums, melts, or mussels, capers, and bottoms
 hartichocks, chibols, and tongues of carps;
 put your farce into your carpe all along, and

leave a hollow, for to put what you have fried season all well, and close it up, seeth it in a bason, or in a *castrolle*, (which is a kettle made in the forme of a great tourte panne or as a kind of dripping panne) or into a dish before the fire, with a drop of verjuice and little broth, butter, and what you have remaining of your mushrooms, truffles, or melts; stew all together leasurely, and, least it sticks, put some chibols under it with a little verjuice and some yolks of eggs, allay the sauce, and serve.

The carpe thus farced may be put into fish or puff paste, and garnish with what you have

29. *Smelts.*

Take them very new, file them, and dress them well; when you are ready to serve, flower and fry them, with oile, or butter, take off the rod, and powder them a little with fine salt, and serve with orange.

30. *Plice.*

This article is in the discourse of the Entrees, or first courses of fish.

Thus you are put in mind of what may be served, out of which you may choose what you like best, and intermingle pies or tourtes proportionably to the dishes you have, observing to serve a pie or tourte after six dishes service.

A Table of the Intercourse of
the lean dayes out of Lent.

M ousserons	1
Musbrums with creame	2
Trouffles	3
Eggs spunne	4
Nulles	5
Eggs minions (or delicate)	6
Tourte of Franchipanne	7
Omelet with creame	8
Fritters	9
Pets de putain	10
Paste Spunn	11
Servelats of Eele	12
Melts of carps fried	13
Melts with ragoust	14
Livers of Lotters	15
Gelee of fish	16
White meat	17
Green gelee	18
Fried artichocks	19
Sparagus with a white sauce	20
Sparagus with creame	21
Celeris	22
Coliflowers	23
Gammon of fish	24
Tortoise with ragoust	25
Fritters of Apples	26
Fritters of artichocks	27
Almond pie	28

Ramequin of all sorts
Eggs with creame



II. *A Method for to make ready the
Intercourses for the leane days
out of Lent.*

1. *Moufferon.*

Take it very new, take out the gravel, and wash it with water, or white wine, then put it in a dish with fresh butter well seasoned with salt, white peper, chippings of bread, take heed it burns not to; after it is enough, put to it a little nutmeg, the juice of orange or lemon, then serve.

Another way.

Pass it in the panne with very fresh butter, parsley, a bundle of herbs, peper, salt, and stove it in a dish, or in a pot, and when you will serve, put some cream to it, or the yolk of an egge, or a few chippings of bread, a little nutmeg, and serve.

You may garnish it with what you will proportionably to the quantity you have.

2. *Mustrums with creame.*

Take them very new, and the smallest, for they are best, peele them dry, and wash them
in

29 n water, and take them out forthwith, and
33 braine them, cut the biggest; and, together
with the smallest, fry them with fresh butter,
parsley, chibols minced very small, salt, and
peper, then stove them in a small pot until
you be ready to serve, and then you may put
some creame to them, which when it hath
boyled a little while, and the sauce being
thickned, you may serve.

3. Trouffles.

Seeth them with a short broth, when they
are sod, serve them in a plated napkin.

Another way.

Serve them the same way as the Mousseron,
and put a little broth to them, some cream,
and some juice; when they are cut very thin,
and sod, serve.

Another way.

Peele them, and cut them very small, and
very thinne, then passe them in the panne,
and season them with a very little salt, be-
cause they must boyl long with some broth,
which you judge to be good; after they are
sod, unfat them, and let the sauce be somewhat
allayed, with some thickning, or with some
chippings of bread, then serve.

Another way.

As they come out of the sand, wash them
with white wine, seeth them with strong wine,
much salt and peper, after they are sod, serve
them with a plated napkin.

4. *Eggs spunne.*

You shall finde them in the Intercourse of the flesh dayes, and the way how to serve them.

5. *Nulles.*

Take four or five yolks of eggs, some very fresh creame, much sugar, a little salt, beat well all together, and seeth it on a hollow plate, or on a dish, passe the fire-shovell red hot over it, besprinkle it with sweet waters, serve and sugar, with sugar musked.

6. *Omelet with creame.*

Take store of yolks of eggs, few whites, and a littl cream, some salt proportionably, beat all together, and a little before you serve, make your Omelet, and, if you will, sugar it and serve.

7. *Fritters.*

Take four small cheeses, white and soft, fix eggs, half a pint of flowre, and a little salt beat all together, and try it, for the cheesse are sometimes too soft, or too dry, &c.

8. *Pets de putain.*

Make them the same way, but that you must put a little more flowre; draw them out very small with the handle of a spoon; after they are fryed, serve them sugred, and besprinkled with orange flowers.

9. *Arvelats of Eele.*

Dresse your Eele, and slit it in two, take out the bone, beat well the flesh, and season it, rowle it up, and binde it; after it is bound, wrap

wrap it up in a small linnen cloth, and seeth it in a pot with wine, salt, peper, cloves, onion, fine herbs, and let the sauce be reduced to a short one; after it is well sod, unwrapp it, and cut it into very thin slices, then serve it dry, or with some sauce.

10. Melts of carp fried.

Cleanse them well, and whiten them in water, and dry them, when you will serve, flowre and fry them; when they are fried, serve with salt and orange.

11. Melts with ragoust.

Whiten them in water, and put them in a dish with a drop of white wine, well seasoned with butter, salt, a bundle of herbs, pepper, some juice of mushrums, a few capers and anchovies; after the sauce is allayed, serve with orange or lemon juice, and nutmegge.

12. Liver of Loe.

Take it out of the fish, and put it into a dish with very fresh butter, a few of fine herbs, parsley minced very small, mushrums also small, of the best of your broths, minced capers, and an anchovie; when it is well sod, and the sauce allayed, ierve.

Another way.

Fry it, if you will, and serve it with salt, juice of orange, or of lemon.

13. Gelee of fish.

Take some scailes of Carp, half a dosen of Tenches, three pints of white wine, seeth all

well together with a little salt & cinnamon and four cloves, pass all into a napkin that is, straine it, to have the juice out of it and put to it one pound of sugar, take a dozen of eggs, fry the whites of them; let your strainer be ready and very clean; warm your gelee, and when it is ready to boyl, powre in to it the juice of five lemons, and the whites of your eggs; when it begins to boyl, powre it into the strainer, and strain it again, untill it be very clear; put it after the natural upon a plate or in a dish, and serve.

14. White meat.

Make it of the remnant of your gelee, and put into it some stamped almonds, and a drop of milk, strain it, and make it into white meat and when it is cold, serve.

15. Green gelee.

It is made the same way; pass it with a very little juice of beets, and serve cold.

16. Artichocks fried.

Cut them as for to eat with peper, cut off also the sharp ends, and whiten them in warm water, then set them a drying, and flowre them for to fry when you have occasion; serve them garnished with fryed parsley.

17. Sparagus with white sauce.

As they come from the garden, scrape them, and cut them equally; seeth them with water and salt; take them out, as little sod as you can, it is the better, and set them a draining.

g, then make a sauce with fresh butter, the
olk of an egge, salt, nutmegge, a small drop
vinegar; and when all is well stirred to-
ther, and the sauce allayed, serve your spa-
gus.

18. *Sparagus with creame.*

Cut them into three, and when you have
whitened them, fry them alike well seasoned;
after they are fryed, put your creame in, and
serve them wth it; if the sauce is too thin,
put some yolks of eggs in it for to thicken it,
and serve.

19. *Celeris.*

It is eaten with peper and salt, or with oyl,
peper, and salt.

20. *Coliflowers.*

Dresse and whiten them, seeth them with
water, and salt; after they are sod, let
them a draining, and make a sauce as for the
sparagus, then serve.

21. *Gammon of fish.*

Take the flesh of many carps, with a little
Eele, mince well all together, season it
with butter, and gather it together in the form
of a gammon, fill up the skins of your carps
with it, sow them up again, and wrap them
with a very fat linen cloath; seeth them
in a pot with half wine, and half water,
all seasoned with salt, &c. consume well
your sauce, after they are sod, take them out,
and unwrap them all warm.

You may serve them warme and cold, and garnished as a gammon.

22. *Tortoise with ragoust.*

One may eat them at all times, you may make any thickning with them, and you may use them for potages, for to garnish, and for many other things.



A Table of what may be found
in Gardens, which one may use
upon occasion and serve up in
the first courses, and inter-
courses of the lean daies,
and other flesh daies,
or in Lent.

Skirrets

Pappe of flowre of wheat

Hops

Lettice

Pumpkins of all sorts

Parships

Sersphis

Carrots

Red beets

Jerusalem artichocks

Concombers



and Cowcombers of all sorts	11
Turnips	12
Fried apples	13
may Red carrots	14
may Fried sparagus	15
1 for White succorie	16
Cardes of beets	17
Cardes of hartichocks	18
Pease passed or strained	19
Trouffle of Entree.	20

12. *A Method how to make ready is contained in the foregoing Table.*

I. Skirrets.

Boile them a very little, then peelee them for to boile in brown butter after they are fried, serve. *Another way.*

For the fesh days, make a past liquid enough with eggs, a little salt, and a little flowre, for to make it more dainty, mixe with some soft cheese and white (a petits choux) dip your skirrets into it, frie and serve them.

Another way.

For to frie them in Lent, allay your meale with a little milk or verjuice, and more salt; dip your skirret in this, and frie them in refined butter, for the better; If you will, garnish

nish them with fried parsley, which to fry when it is very cleane and drie, you throw into your frying pan very hot, then take it out forthwith, and set it before the fire, so that it be very green; serve your skirrets with the parsley round about.

2. *Pappe of flowre of wheat.*

It is made the same way, as that of flowre of rice, and they will seeth as much the one as the other. For to make them, allay them with a very little milk and salt, out of Lent put some yolks of eggs to it, a little butter, and some sugar; seeth it leasurely, so that a *gratin* may arise, serve, and sugar.

3. *Hops.*

Cleanse them well, and leave nothing but the green, boile it a little while in water, then draine it, and put it in a dish with a little butter, a drop of vinegar, a little of your best broth, some salt and nutmeg; stowe it for to use it in garnish, or for some other thing.

4. *Lettice.*

For to garnish with them all kinds of potages, be it of pullers, of pigeons, of pease-broth, of hearbs, or of health, whiten them well, and wash them; stowe them in a pot with some of the best of your broths; In the flesh dayes, season them with what is fat; In the leane dayes, season them with butter, and when they are sod, cut them into halles, and garnish your potages with them, and serve.

5. *Pompekin.*

5. *Pompkin.*

Slice it very thinne, and frie it with butter; when it hath gotten a good colour, stove it between two dishes, with an onion, or a chive stuck with cloves, salt, pepper, and verjuice of grapes, if you have any; when it is enough, serve.

You may also put it with creame.

Another way.

Cut it into great peeces, and seeth it in a pot with water, when it is well sod, take out the water, straine your pompkin, and frie it with butter, and an onion minced very small; season it with a drop of verjuice, and with nutmeg, and serve.

Another way.

After it is strained as abovesaid, put it with very fresh butter, and let it melt with the pompkin, some sugar, and almonds, put your complements into a sheet of fine paste, in the forme of a tourte, and bake it; when it is baked, sugar it, and serve.

Many doe put peper to it; put a very little salt to it; you may garnish it with preserved lemon peeles cut into slices.

6. *Parsnips.*

Cut off the strings of them, wash them well, and seeth them; when they are sod, pare them, and cut them as you will; put them in a dish with very fresh butter, salt, nutmeg, and a drop of broth, or a drop of vinegar, or of verjuice; stove all together, and

and stirre it well; thus you will finde your
saue allayed, then serve.

Another way.

Make them ready as the skirrets above, and
serve them with iuice of orence, or verjuice
and a little salt.

7. *Serfiss.*

Seeth them as the parsnips, after they are
sod, make the saue alike, and serve.

You may serve them fried.

8. *Carrots.*

Cleanse and seeth them; when they are
sod, pare them, and cut them into very thin
round slices, frie them with fresh butter, an
onion minced, some salt, peper, and vinegar
then serve.

9. *Red beets (or Beete-radish, or
red parsnips.)*

After they are well cleansed, and well sod
in water, or in the cinders, pare them, and cut
them into round slices; frie them with a min-
ced onion, well seasoned with a drop of vinega-
r and good fresh butter; when they are well
fried, serve.

Another way.

After they are sod or baked, cut them as
above, and put them with oile, vinegar, and
salt, then serve.

10. *Jerusalem harticocks.*

Bake them in the embers; after they are well
baked, pare, and cut them into round slices
frie them with very fresh butter, an onion
salt

you salt, peper, and vinegar; when they are well fried, serve with a little nutmeg.

11. Cowcubers.

Pare and cut them into round slices, frie them with very fresh butter; after they are fried, put in an onion, some salt and peper, and let them stove well on the chaufing-dish, then serve with the yolks of eggs, if you will.

Another way.

For to preserve or pickle them, rake them very young, and very small; whiten them in fresh water, and draine them; then put them into a pot with salt, peper, and vinegar, cover them well, and doe not forget cloves.

Another way.

Cut them very thinne, then put them with onion, salt, peper, and vinegar; after they are well pickled, draine them, and for to serve them, put some oile to them, and serve them in salat.

12. Turnips.

Scrape them, whiten them, and seeth them with water, butter and salt; after they are enough, put them in a dish with very fresh butter; you may put in some mustard; serve with nutmeg.

13. Apples fried.

Pare and cut them into round slices, and frie them with very fresh butter; when they are fried, serve, making a broth with a little nutmeg.

Another

Another way.

Cut them into halves, take out the seeds, and all what is about; serve them under the skin, and put them in a dish with butter, sugar, and water and a little cinnamon, let them seeth thus; when they are enough, serve them sugred.

14. *Sparagus fried.*

Break them, cut them into small pceces, and wash them; after they are drained, fry them with very fresh butter; and season them with salt, peper and minced parsley; after they are fried, stove them on a chaufing-dish with an onion sticked with cloves, and a drop of broth, then serve with nutmeg.

You may also put some creame if you will.

15. *White succory.*

Whiten it well in water, and draine it, then tie it, and seeth it in a pot with water, butter, and salt; when it is well sod, take it out, and draine it againe; afterwards you shall stove it on the chaufing-dish, with butter, salt, nutmeg, and a drop of vinegar; when you are ready to serve make a sauce thickned, and serve.

Another way.

After it is whitened, prepare it into a salat, with salt, vinegar, and sugar, then serve.

16. *Carden of beetes.*

Take off the strings, and whiten your cardes in fresh water, then seeth them in a pot, or a kettle

ettle with water, butter, a crust of bread, and some salt; when they are sod enough, take them out, and set them a stoving in a dish with some butter, untill you be ready to serve them, and then warme them, and fit them on a plate, then make a sauce allayed with very fresh butter, a drop of vinegar, and some nutmeg, then serve.

17. Cardes of hartichocks.

Choose the whitest, take out the strings, and whiten them; after they are whitened, wash them with salt and water, a peece of butter and a crust of bread; when they are sod enough, garnish your dish, and make a white sauce, and serve.

18. Pease passed.

Steepe your pease, wash them well, and wash them in hot water, and fill them againe with it; after they are sod, bray them, and passe them through a straining panne, take some of the thickest pease broth, and stowe it in the chaufing-dish, with butter, salt, and an onion whole sticked with cloves, then serve.

You may serve, and frie pease whole, with very fresh butter, salt, minced onion, pepper and vinegar, In lent garnish them with herings.

19. Trouffles of Entree (or first course.)

Cleanse them well, peepe them, and frie them with very fresh butter, an onion sticked with cloves, a little minced parsley, and a drop

drop of broth ; stove them between dishes, and the sauce being a little thickned serve.

A Table for the Pastry work
Fish for to be eaten warm,
containing the Pies
and the Tourts.

S Almon pie
Troute pie
Py of becare
Pie of carpe
Sturgeon pie
Pie of dabs
Turbot pie
Trout pie
Plice pie
Eele pie
Pie of fresh cod
Pie of carp without bones
The Cardinals pie
Pie of flounders
Pie of grenost
Pie of soales
Pie of soales half fried
Pie made of bask of eeles
Tourte of flounders
Tourte of new Oysters

een	urte of liver of lottes	21
ickne	urte of melts of carpes	22
	urte of lottes	24
	urte of carpes	24
	urte of crawfish	25
	urte of frogs	26
ork	urte of tenches	27
n,	urte of butter	28
	urte of spinage	29
	urte of melon	30
	urte of pistaches	31
	urte of almonds	32
	urte of pumpkin	33
	urte of peares	34
	urte of creame	35
	urte of apples	36
	urte of franchipanne	37
	urte of whites of eggs	38
	urte of yolkes of eggs	39
	urte of Massepain	40

3. Instruction how to make the Pastry work for Fish.

THe pufte paste is made thus. Take four pounds of flowre, allayed with salt and water, very sweet nevertheless; after it is a little rested, spread it with the quantity of two pounds of butter, joyn them together, and leave a third part of your paste empty, for

for to fold it up into three, and when your butter is shut up, spread your paste again very square, for to fold it up four-fold; after this turn it up thus, other three turnes, and set it in a coole place, for to use it upon occasion. And then spread your paste proportionable to the pie or tourte which you have a mind to make up; and observe that this paste is harder to be fed than any other.

The fine paste is made up with four pound of flowre, and one pound and a half of butter which you must allay very well together with salt, after this, let it rest untill you have use for it, and make with it pies and tourtes.

The paste with warm water is made the same way, but you warm the water and the butter; after it is made, let it rest more than the other, and handle it but a very little, lest it burn, make pie or tourte with it.

The brown paste is made with flowre of Rye, with water and a little butter; you may put to it, if you will, some salt and pepper when it is very strong and rested, make venison pasties with it.

All kind of pies, fat or lean, which are eaten warme, are seasoned the self same way, according to the meat. You may put in it the same garnish of garden, as mushrooms, truffles, sparagus, yolks of eggs, bottoms of artichocks, capers, cardes, pistaches.

For the flesh pies, besides the garnish of garden,

n you d. n , you may put in them sweetbreads ,
n ve nes, combes, &c.

th The flesh pies garnished, and of meat very
f der, will not endure the oven above two
a si res and a half ; they of fish big or small, of
na same size, as long.

ind The pie of young hare will not be in the
ard en above two houres, be it in puffed paste or
er ; it is served warm and uncovered.

oun The pies which you will keep , must be
uttr a deeper taste or haut goust than those
eth ich you make for to eat warm ; if you carry
l yo m farre, the paste must be somewhat brown,
es d if it be fine, you must get a basket made
e th the purpose for to carrie them in.

th You must lard your leane pies with Ecce or
th p; well seasoned with peper, salt, vinegar,
th d beaten cloves ; make your paste fine , or
le otherwise , and season your pie with cloves,
t, peper, fine herbs, and a *chalotte* ; when
re s made up, endore it, in the flesh days, with
ma e yolk of an egge ; in Lent, with eggs of pike
per ayed with water, and put it in the oven, and
ren while after give it vent.

After

*After the foregoing instruction
word of advise, followeth the Meth
of the Pastry-work for fish, concer
ning Pies and Tourts, ac-
cording to the contents
of the foregoing
Table.*

1. Salmon pie.

AFTER your fish is dressed, lard it with E
or Carp, leasoned with peper, salt,
beaten cloves, then put it in paste,
over it a bay leaf, and good fresh butter,
beaten lard, according to the day as you
use it; besprinkle it with lard, with a
of vinegar, and close it up after the form
the fish; after it is baked, serve it warme
cold.

The pies of Troute, Becare, Carp, and S
geon, are made up alike.

2. Pie of Dab.

Dress your Dab, and slit it on the top
you will, lard it with Ecle well seasoned,
dresse up your pie according to the bigness
your Dab, and put it in it, well leasoned
with salt, peper, cloves, fine hearbs, m
rums, morils, a little parsley fryed with
butter, mousslerons, bottomes of artichoo

ken sparagus, and good fresh butter, coat it with open work, and if you will, enrich it with some works, and bake it; after it is baked, and well fed, serve it with a sauce made with verjuice of grapes, and yolkes of eggs.

The pies of Turbot, Trout, and Plice, are made the same way.

3. Eele pie.

Dresse them, cut them into round slices, and season them, make up your pie, and fill it up with eeles, hard yolks of eggs, mushrooms, truffles, if you have any botromes of chickens, and good fresh butter; serve it covered with a white sauce, made with yolks of eggs allayed in verjuice, and a drop of vinegar; lest it should fall down, bind it with butter'd paper; when it is baked, take the paper off.

4. Pie of fresh cod.

Make it as that of Dab, and serve it plain.

5. Pie of Carp without bones.

Farce it the same way as for a first course, and make your pie up, put it into it garnished with what you will; bake it covered; after it is baked two houres, serve it uncovered with a white sauce.

Another way.

Cut your Carp into peeces, and put it into a stew, made up and seasoned with what you please; bake your pie, and serve it uncovered with a white sauce.

6. Pie

6. *Pie after the Cardinal's way.*

Take the flesh of carpe and of eele, mince them well with butter, and season with salt, pepper, fine hearbs, and a few mushrooms, then make up your pies, as small as you can; fill them up, cover, and endore them, and bake them, then serve.

7. *Pie of flounders.*

After they are dressed, slit them, and put them in your sheet of paste, season with salt, pepper, beaten clove, mushrooms passed in the panne with brown butter, fresh butter, and what you have, cover it, bake it, and bind with buttered paper; when it is baked, serve with a white sauce, nutmeg, a *chalotte*, the juice and slices of lemon, or of orange.

8. *Pie of grenoff.*

After it is dressed, slit it, and put it in your sheet of paste, seasoned with salt, pepper, fresh butter, mushrooms, truffles, moussierons, morels, parsley fried and bottoms of hartichocks; after the pie is made up & bound with buttered paper, bake it, after it is baked, serve it uncovered with a white sauce, or any other allaying you have.

9. *Pie of soales.*

It is made the same way as that of dab, because it is of the same kind of flesh; It is eaten warme.

10. *Pie of soales half fried.*

Pass them half in the panne with butter, take out the bone, and farce them with what you

you will, as mushrooms, capers, truffles, moufflerons, bottoms of hartichocks, fresh butter, all passed in the panne with parsley and chibols minced very small; put them in a paste made up, or into a sheet of puff paste, which you shall put in a tourte panne, and cover it the remnant of your farce, in stead of garnish, with yolks of eggs, and very fresh butter; cover up your pie, and give it vent, while after it is in the oven; when it is baked, serve it with what sauce you will.

11. Pie made up with hash of eele.

It is made the same way as that of carpe, but that because the flesh of eele is fatter than that of carpe, it must not be allayed with butter, as that of carpe; onely mixe them together, and season them well with salt, peper, a few of fine hearbs, then make a bed thereof, and over it put mushrooms, morilles, truffles, and a little parsley minced, passed in the panne with butter, and over all that the remnant of your hash; then shut up your pie, and bake it; after it is baked, serve it with white sauce.

12. Tourte of flounders.

It is made the same way as the pie of flounders, above mentioned.

13. Tourte of new oysters.

After your oysters are cleansed and whitened in warme water, passe them in the panne with very fresh butter, parsley, and minced chibols, and mushrooms, all well seasoned;

L

put

put all into a sheet of what paste you will and garnish with hard yolks of eggs, bottoms of hartichocks, morilles, broken sparagus, all well fried; cover up your tourte, and bake it; after it is baked, serve with good sauce, which you shall make thus; passe the panne two or three chibols whole, salt, pepper, a drop of verjuice or of vinegar, then when it is brown, mixe with it two yolks of eggs well allayed with verjuice, take out the chibols, and put your tourte boiling hot, with a little nutmeg, stirre it a little, and serve it uncovered.

14. *Tourte of liver of lotte.*

After it is whitened a very little in warm water, very cleane, and dried, put it into a sheet of paste, then frie mousserons, morilles, truffles, broken sparagus, a little parsnips minced, bottoms of hartichocks, cardons, cardes sod, and yolks of eggs, all well seasoned, and in such a proportion as your tourte may not change it's name, and that the garnish may not exceed the principall, bake when it is baked, serve.

15. *Tourte of laidances of carpes.*

It is made as that of lottes here under, with such garnish as you have.

16. *Tourte of lotte.*

Whiten it well with water warme enough for to take off the slime, untill it be white, then cut it into round slices as far as half a head, put it into a sheet of paste with salt,

will be, beaten cloves, capers, mushrooms, hard
boiled yolks of eggs, bottoms of hartichocks, parsley,
paranibols well minced, and upon, very fresh
and butter, shut it up with a sheet of puff paste,
good if you have any; When it is baked, serve it
uncovered with a white sauce, and garnished
with the lid cut into foure,

17. Tourte of carpe

It is made and seasoned a like with that of
the carpe, but that it must not be scalded, but
well scailed.

18. Tourte of crawfish.

Seeth them with salt, peper, and very
little vinegar, take off the feet, and the taile,
then dresse them, and passe them in the pan
with very fresh butter, mushrooms, and all
that you have to put in it, not forgetting
some parfly minced, season all well, and put
in what paste you will, fine or puff; after it
is baked, serve it with a red sauce, which you
will make, if you stamp some bones of craw-
fishes, and after you have strained them
through a linnen cloth, mixe them with some
broth, some yolks of eggs, a drop of verjuice,
and a little nutmeg; put this sauce in your
tourte as it comes out of the oven, and ready
to serve, then serve it uncovered.

19. Fourte of frogs.

Passe the great legs in the panne with good
butter very fresh, mushrooms, parsley, harti-
chocks sod and cut, and capers, all well sea-
soned, put it into a sheet of fine or puff paste,

and bake it; after it is baked, serve uncovered with a white sauce.

20. *Tourte of tenches.*

Scald them, and cause them to become white, then dresse them, and cut them into round slices, put them into your sheet of tourte, or pie, make it up and garnish with all what you have, as very fresh butter, capers, and minced parsley, bake them; after they are baked, serve with a white sauce, and a little nutmeg.

21. *Tourte of butter.*

Melt a peece of butter; after it is melted put some sugar in it, and some stamped almonds with a little creame or milke allayed with flowre sod, then make a sheet of fine puff paste, put your implements into it, make a brimme about it, bake it and serve sugred, and with sweet water, if you have any.

22. *Tourte of spinage.*

Take spinage leaves, cleanse and whiten them; after they are whitened, draine them and mince them very small, after they are minced, allay them with some melted butter, salt, sugar, and the weight of a macaron of stamped almonds; then put all in your sheet of paste and bake it; after it is baked, serve sugred, and if you will, garnished about the dish with lemon peece preserved.

23. *Tourte of meloone.*

Grate your meloone, and stampe it in a mortar

mortar ; melt some butter , and put it with
sugar , a corne of peper , salt , and a macaron,
mixe all together, garnish your sheet with it ,
and serve it sugied.

24. *Tourte of pistaches.*

After your pistaches are peeled, beat them,
and least they become oily, besprinkle them
with flower of orange water , or other sweet
water ; melt as much butter as there is of pist-
aches. and take as much sugar, a little salt ,
and the crummes of white bread fried , and a
drop of milke , and all being well allayed to-
gether , put it into a sheet of fine paste , make
the tourte and the sheet very thinne ; bake it,
sugar it, and serve it warme , and besprink-
ed with what sweet water you will.

25. *Tourte of Almonds.*

It is made the same way , but that for to
besprinkle it , you must use milke in stead of
sweet waters.

26. *Tourte of pompkin.*

Boile it with good milk, passe it through a
straining panne very thicke , and mixe it
with sugar , butter , a little salt ; and if you
will a few stamped almonds ; let all be very
thinne , put it in your sheet of paste , bake it ;
after it is is baked , besprinkle it with sugar ,
and serve.

27. *Tourte of peares.*

Pare your peares, and cut them very thin ,
seeth them with water and sugar ; after they
are well sod, put in a little of some very fresh
butter,

butter, beate all together, and put it in your sheet of paste very thinne; binde it, if you will, and bake it; when it is baked besprinkle it with water of flowers, sugar it, and serve.

28. *Tourte of creame.*

Take very new creame, and allay it with a few beaten almonds, some sugar, and a little milke pappe well sod; let all boile together very little, and when all this is cold, put it in your sheet of paste, and bake it; after it is baked, sugar it well, and if you will, put muske to it, and serve.

29. *Tourte of apples.*

It is made the same way as that of peare.

30. *Tourte of franchipanne.*

Take the fairest flowre you can get, and allay it with whites of eggs; presently take the twelfth part of your paste, and spread it until you may see through it; butter your plate, or tourte panne, spread this first sheet, dresse it up, butter it at the top, and doe the same to the number of six; then put what creame you will, and make the top as the bottome to the number of six sheets; bake your tourte lastly; after it is baked, besprinkle it with water of flowers, sugar it well and serve.

You must have a care to worke up your paste as soone as it is made, because it dries up sooner then you are aware, and when it is dry, it is unusefull, because your sheets must be

youe as thinne as cobwebs , therefore you must
if you choole a moist place.

31. *Tourte of whites of eggs.*

After they are well beaten , season them
with a little salt and sugar , melt some fresh
butter with milke , mixe all together , then
put all into your sheet of fine paste ; bake
it ; when it is baked , serve it warme and
sugred.

32. *Tourte of yolks of eggs.*

Allay together some butter , five yolks of
eggs , some sugar , two macarons ; a little salt
and milk ; make up your tourte with them ,
and bake it , when it is baked , serve it sugred
with lemon peelee very thinne over it.

33. *Tourte of Massepin,*

For to make it full , glased , and broad as a
plate ; take halfe a pound of almonds , and a
quarteron of sugar ; beat your almonds , and
put some sugar in ; spread your paste , worke
it low enough , and bake it on a hollow plate ,
upon a small fire ; make a creame with milke ,
whereof you will finde the making hereafter ;
fill up this paste with it about the thickness of
half an inche ; bake it , and passe the fire-
shovell over it ; put over it , either cherries , or
strawberries , or rasberies , or gooseberries , or
verjuice , or preserved apricoks , a little more
then half ; after it is filled , put it in the oven
again , and make a *glasing* with the half of the
white of an egge , and six times as much sugar
well beaten together ; when you are ready

to serve, powre it over your tourte, and give it a quick fire and little, then serve upon plate.

For to make the creame of which mention is made above, allay a very little flowre with a quart of milk, seeth it well, and let it be very thinne; then put a little butter in four yolks of eggs, and two whites well beaten; stirre well all over the fire, and mix with it a very little salt and sugar, about halfe the quantity of your cream.

For to make it green, put in it some beate pistaches, or some of the grating of lemons peelee preserved.

You may serve your tourte glazed without confits, and at the fruit, as well as at the intercourse.

A Table of severall sorts of roots, herbs, and other things to be preserved, or pickled, for to keep in a household or ordinary.

M Elted butter
Articbocks
Cowcombers
Purslane
Lettice

Trouffle

giving	Trouffles	6
on	Red beets	7
	Sparagus	8
ntion	Green pease	9
with	Fuccorie	10
it b	Mushrooms	11
in	Coleworts (or cabidge)	12
be	Soales	13
min	Oysters	14
hal	Tomatoes salted	15

4. A Method how to pickle all them for keeping.

1. Butter melted.

When it is cheap, you may buy a quantity, and melt it for to use it upon occasion; which for to doe, put it into a pan, let it melt leasurely, until the cream go to the bottom, and that it becomes clear at the top; put it into a pot, and when it is cold, keep it for your use.

2. Artichocks.

Cut off the choak, and what is too hard about them (that is called artichocks in bottoms) steep them in fresh water for to whiten them, drain and dry them; after this, put them into a pot with salt, peper, vinegar, melted butter, clove, and some bay leaf, cover them well, and keep them untill you have

use for them; and then unsalt them in luke warm water; after they are unsalted, seeth them with butter, or some peece of lard, or some fat; after they are sod, serve them with a white sauce or garnished.

3. Cowcombers.

Take them very small, whiten them in fresh water, and stick them with cloves, then put them in a pot with salt, peper, vinegar, and bay leaf; cover them so close that no air may get in, and serve them in salat.

4. Purslaine.

It is pickled as the cowcomber, and you may serve them together.

5. Lettice.

Choose the hardest, and take off the great leaves, whiten them in fresh water, and drain them; when they are drained, stick them with cloves, and season them with salt, peper, vinegar, and bay leaf; cover them well, and when you will serve them, unsalt them, then seeth them, and use them for garnish, or for salat.

6. Trouffes.

Boyl them with the best strong wine you can get, salt, peper, and clove, then take them out, and put them in a pot with salt, peper, vinegar, cloves, and some bay leaves, cover them well; when you will use them, unsalt them, and seeth them with wine, and serve them in a plated napkin.

7. Re...

7. *Red beets, or red parsnips.*

Wash them very clean, and seeth them; when they are sod, peel them, and put them in a pot with salt, peper, and vinegar, for to use them when you will.

8. *Sparagus.*

Put them in a pot with melted butter, vinegar, salt, peper, and cloves; cover them well, and for to use them, unsalt them; when they are unsalted, seeth them in hot water; when they are sod, serve them with a white sauce, either for to garnish potages, or for salar, or for pastry work.

9. *Green pease.*

Take them as they come out of the cod, fry them with butter, and season them well, as if you would eat them then, but do not fry them so much; then put them into an earthen pot, season them again, and cover them well; put them in a cool place, and when you will use them, unsalt them, and pass them in the panne, as before.

10. *Succory.*

Tie it, and whiten it in sand; when you think that it may be kept, cleanse it well, and put it in a pot with salt, peper, little vinegar, and rosemarie; when you will use it, unsalt it, to serve it for salar, or for to seeth it for to garnish, or for to farce.

11. *Mushrooms.*

Take the hardest and the reddest you can get, fry them whole with butter, as for to eat them singly; after they are fryed and well seasoned,

soned, put them in a pot with more seasoning of butter, and a drop of vinegar, untill they steep; cover them so that no air may get in; for to use them, steep them in several waters lukewarm, then fry them, as if they were but newly gathered.

Another way.

Take the biggest and largest, whiten them in their water between two dishes, and drain them; after that, pickle them with vinegar, salt, pepper, and lemon, or orange peel; after they are pickled a while, take them out and fry them with refined butter, and a little flower; after they are fryed, put them in another pickle, if you will keep them long.

You may use them for garnish, or for fritters, or for to farce.

12. Cabidge.

Take the hardest, and slit them into four on the side of the stalk, then whiten them in fresh water, and dry them; put them into salting tub, or into a pot, with salt, pepper, vinegar and bay leaves, or a little rosemary. You may stick them with cloves, and when you will use them, unsalt them in lukewarm water, for to put them in the potage, and not for salat; when they are sod, serve.

13. Soales.

Take them very new, and cleanse them if they are big, slit them on the top, and flower them after you have dryed them, then fry them halfe with butter or oyle, and

them neatly into a pot, with salt, peper, beaten clove lemon, or orange peeke, and vinegar; cover them well, and for to use them, take them out of the pot, and steep them in water; when they are unsalted, fry them with butter, or oyl for them that love it; forget not to flowre them well; and serve them with orange or lemon, or, if you will, after you have passed them in the panne, open the bone, and put them with ragoust; which for to doe, put in some capers, anchovies, mushrooms, truffles, and all what you can get; then stove or soak them, and serve with a sauce thickned, and the juice of lemon or of orange.

14. Oysters,

Take them out of the shell, and whiten them, or as they are, put them into a pot, and season them with salt, peper, beaten cloves, and some bay leaves, cover them well, or if you will you may put them into a barrell; when you will use them, unsalt them; you may garnish with them, or make fritters, or fry them.

15. Combes salted.

Let the blood be well taken out, and put them in a pot with melted salt, peper, cloves, a drop of vinegar, and some bay leaves, cover them well, and set them in a place which is neither cool nor warme; when you will use them, take what you have need of, unsalt them in lukewarme water, and change them
very

very often, when they are well unsalted, boil
some water, and scald them ; when they are
very clean, seeth them with broth, or with
water ; when they are almost enough, put
a bundle of herbs with butter or lard, and a
slice of lemon : After they are well sod, use
them for to garnish what you will with
them.

Another Table of things to be
salted for to keep, specially
for a Cook of Pastry.

Cardes of Artichock

Palats of beef

Tongues of mutton

Pickled pullers

Rams stones

Young pigeons

Butter salted

The Method.

1. Cardes of Artichocks.

Chuse the whitest stalkes, cut them half a
foot long, take all the strings out, steep
them in fresh water, and change them two or
three

three times ; whiten and drain them, put them in a pot, and salt them ; when they are salted, melt, and refine one pound of butter, and powre it over them, for to set them up, and use them upon occasion.

2. *Palats of beef.*

Salt them, as they come out of the head, and set them up untill you have occasion to use them ; then unsalt them ; after they are unsalted, seeth them, and take the skin off, and the *barbillons*, then cut them into peeces, or into slices ; put them with ragoust, or garnish with them, all what you have to garnish, even the Pastry work, wherein they may be very usefull.

3. *Tongues of mutton.*

As they are taken out of the head, salt them ; when you will use them, unsalt, and seeth them ; after they are sod, dress them neatly, slit them, and put them on the grid-iron, with crums of bread and salt, after they are roasted, make a sauce with verjuice, a drop of vinegar, minced parsley, chippings of bread, a little of pot broth, and stove or soak them, then serve.

4. *Palters pickled.*

After they are dressed, cut them into halves, and dry them well, flowre them, and fry them half, then put them in a pot with salt, peper, vinegar, and fine hearbs ; cover them untill you will use them ; and then unsalt them in fresh or lukewarme water, which is the best ;
when

when they are unsalted, dry them, and flowre them, then fry them; after they are fried serve, and if you will have them to make shew; you must make an allaying with egges and flowre, fry them, and put them in sauce with juice of orange.

5. Rammes stones.

Take off the first skinne, and slit them on the top, to make them take salt; put them in a pot, and set them in a coole place; for to use them, unsalt them, and seeth them, then use them how you will.

6. Young pidgeons.

After you have flatted them well, dry them, flowre and fry them, then put them in a pot, with vinegar, peper, cloves, and fine hearbs; when you will use them, unsalt them, for to put them with ragoust, or with potage, or into paste, or for to serve them pickled.

7. Salt butter.

Wash it well in fresh water, and draine it, then put it into an earthen panne, and knead it with white salt, clove, and some bay leaves, and some aniseed stamped, if you will; after this, put it into a pot, and cover it well with paper or parchment, after you have taken out the water that comes out of it, set it in the cellar, and use it.

*A Method how to make in Lent the
broths of Fish, of Pease, of Herbs,
and of Almonds.*

Broth of fish.

MAke your broth with half water and half of pease broth, take the bones of Carp, or of other fish, with an onion sticked with cloves, a bundle of herbs, and some salt, seeth all well together, with crums of bread, and some butter; then strain it, and use it for such broth as you will, except that of herbs, the pease broth and many potages which are without fish.

You may use it for the potage of Crawfish, boiling it a while with the shels of your Crawfish stamped, and strained through a linnen cloath, by the means whereof your broth will become red; afterwards strain all, season it, and take it up, and stowe it.

Pease broth.

For to make pease broth clear, and that it be good, steep your pease from one day to the next, after you have clensed them well; then seeth them with river or fountain water lukewarm; when they are almost enough, take out your pease broth, and use it for what you will.

You will finde the broth of herbs in the potages for lean dayes.

Broth

Broth of Almonds.

Peel well your Almonds in very warm water, and stamp them in a mortar, and as you stamp them, besprinkle them with fresh water; after they are well stamped, put them with fish broth, and crums of bread, then boyl all with salt, butter, an onion sticked, and lemon peece, whereof the upper skin to be taken off; after it is sod, passe it through a strainer and put it into a pot untill you have use for it.

For to make Almond broth with milk, peel well your Almonds, stamp them, and in stamping of them, from time to time besprinkle them with milk; when they are well stamped, put them with very fresh butter, crums of bread, salt, a little clove, and a little cinnamon, boyl all a little while, and then passe it through the strainer; when you are ready to serve, boyl it with sugar, and serve.

All the Lent Potages are made and seasoned as those for the lean dayes, but that you put no eggs in them; but in some you mix some pease broth; in others which you will serve white, or marbled, you put some broth of Almonds; stove and garnish them as the others.

Table of the Potages for Lent.

as you	Potage of Crawfish	1
water	Potage of hash of Carps	2
n with	Potage of herbs	3
oyl a	Potage of tenches farced, with turnips	4
nd le	Queens potage	5
e take	Princesses potage	6
rained	Potage of Tortoise	7
ale f	Potage of mushrooms	8
	Potage of Soales	9
k, pe	Potage of Smelts	10
nd i	Potage of Sparagus	11
e b	Potage of hashlets (atteraux)	12
e we	Potage of lettuce	13
atter	Potage of coleworts (or cabidge) with milk	14
and	Potage of coleworts (or cabidge) with pease	15
, an	broth.	16
n yo	Potage of pumpkin	17
an	Potage of pumpkin with milk	18
	Potage of turnips with white broth	19
also	Potage of fried turnips	20
yo	Potage of pease broth	21
min	Potage without butter	22
wi	Potage of small vailes (profiteolles)	23
ro	Potage of Onion	24
th	Potage of Mussels	25
	Potage of Frogs	26
	Potage of Grenosts	27
	Potage of Salmon with a sweet sauce	28
	Potage of bran	29
	Potage of frogs with almonds	30
	Potage	

Potage of hops
Potage of turnips
Potage of leeks with milke
Potage of broken sparagus
Potage of coliflowers
Potage of fidele
Potage of rice
Potage of tailladin
Potage of Macreuse with ragoust
Potage of macreuse with turnips
Potage of leeks with pease broth
Potage of flounders
Potage of Gournet
Potage of lentils.

16. Discourse of the potages for Lent.

1. *Potage of Crawfish.*
Serve it with pease broth.
2. *Potage of hash of carpes.*
With pease broth and almonds.
3. *Potage with hearbs.*
With a very little of pease broth.
4. *Potage of tenches farced with turnips.*
With fried flowre, and a little of pease
broath.
5. *Queen's potage.*
With broth of carpe, or of other fish mixed
with

With pease broth and almonds.

6. *Princesse's potage.*

It is made with pease broth, which you seeth with the bones of carpe.

7. *Potage of tortoise.*

With a little of pease broth.

8. *Potage of musbrums.*

With pease broth.

9. *Potage of soales.*

With pease broth.

10. *Potage of smelts.*

With good broth mixed with almonds.

11. *Potage of sparagus.*

With pease broth and hearbs.

12. *Potage of hasslets.*

Take it out of the best broth.

13. *Potage of lettice.*

With pease broth, or coleworts.

14. *Potage of cabidge with fried bread.*

With a little pease broth.

15. *Potage of cabidge or coleworts with milke.*

With a little pease broath, and much butter.

16. *Potage of cabidge or coleworts with pease broth.*

Put in your pease broth an onion sticked with cloves, peper, and salt; when it is enough, serve it well garnished with your cabidge or coleworts, and some peece of fried bread, which shall have boiled with it.

17. *Potage*

17. *Potage of pumpkin.*

Seeth well your pumpkin, so that it be more thickned then ordinary, then frie a churche-boll with butter, and put it in it with salt, and serve with peper.

18. *Potage of pumpkin with milke.*

After it is well sod, passe it through a straining panne, and leave not much broth in it because of the milke which you must put in when it is well seasoned with milke and little butter, stove or soak your bread, and serve with peper if you will.

19. *Potage of turnips with white broth.*

Scrape your turnips, and put them in a pot with water; when they are well sod, season them with salt, and a bundle of hearbs; when you will take up, take it from off the fire, put in some butter very fresh, and stirre it off the fire, and doe not put it to it againe, then serve with a little almond broth over it.

20. *Potage of turnips fried.*

Scrape them, and cut them in two or other wise, whiten, and flowre them; after they are dried, frie them, and seeth them in water with a little peper, and an onion sticked with cloves; when you will take up, if your broth is not thickned, you may put in it a little flowre fried, with a drop of vinegar, then serve.

21. *Potage of pease broth.*

Take the cleereft, and put it in a pot, then sic some sorrell, chervell, and a little parsnip.

With some butter, put all in a pot, seeth it well and season it well; stowe your potage, and serve it with parsley roots sod with it.

22. Potage without butter.

It is made with great store of hearbs well seasoned, and sod with a crust of bread; stowe soake, and serve.

23. Potage of profiteoles, or small vailes.

Take it out of many broths, then open six leaves made of purpose; make a hole on the top, and take out the crum; frie them with butter, and fill them with melts of carps, mushrooms, broken sparagus, and observe, that they must be sod before you fill them. After they are full, stowe or soak them leisurely upon your potage, which you shall garnish with melts, mushrooms, broken sparagus, and serve.

The potage of onion is made the same way as that out of Lent.

24. Potage of mussels.

It is made the same way, as that out of Lent, but that you put no eggs to it; you may put in it some almond breath, or of some ragoût, serve it garnished with mussels.

25. Potage of frogs.

Break the bones, and trusse them up, then whiten them, and draine them; put them in a dish, untill you have made some pease broth, trie into it a little parsley minced, with butter; after they have boiled, put them into your broth,

broth, and take them out forthwith; add a little saffron, and put it in your pot, stove or soak your bread, garnish it with your frogs and serve.

26. *Potage of grenosts.*

It is made the same way as out of Lent.

27. *Potage of salmon with a sweet sauce.*

Cut it into slices, and pickle it, passe your slices in the panne with butter, sticke them with cloves, and put them between two dishes with some butter, a bundle of herbs, sugar wine, a little salt, and peper well beaten stove or soak them, then drie your bread, and stove or soak it also with some other broth garnish it afterwards with your slices of salmon, the sauce over it, and garnished, if you will, with figgs or prunes of brignoll.

28. *Potage of bran.*

It is made as that out of Lent, but that you put no eggs to it.

29. *Potage of frogs with almonds.*

It made as that out of Lent, but that no eggs are put in it.

30. *Potage of hops.*

Make some pease broth, and set it a boiling passe a few good hearbs in the panne well minced, and put them in your pot, let your hops boile in it, after it is whitened; a little before you serve it, take it up, and put it with butter, salt, nutmeg, vinegar, and very little broth; when it is well seasoned, stove or soak

all your bread, garnish it with your hops, fill
ve your dish, and serve.

31. *Potage of parsnips.*

It is made as in the leane dayes out of Lent,
ut that you make it with pease broth with-
ut eggs.

32. *Potage of leeks with milke.*

Cut your leeks very small, whiten them;
ry them, and seeth them with cleere pease
th broth; after they are sod, put in some milke,
dish peper, salt, clove; stove or soak your bread,
Sugar and garnish it with your leeks, then serve.

33. *Potage of broken sparagus.*

Break or cut your sparagus, and frie them
d, and with good butter, salt, peper, parsley, and
broth th good chibols, stove well all together, then
of sa make a pease broth, or of porage of hearbs,
if you which you shall straine; stove also your bread,
and garnish it with your sparagus, then serve.
at you you may put in it the juice of mushrums, and
mushrums with ragoust.

34. *Potage of coliflowers.*

Dress them, and whiten them in fresh water,
en put them in a pot with good broth, or
th pease broth, well seasoned with butter,
boiling it, and an onion sticked with cloves; After
e we they are sod so that they be not broken, stove
t you soak your bread, garnish with your colli-
flowers, and serve. You may put in some milk
it with d peper.

35. *Potage of fideles.*

Seeth them with water or milke; after they

are sod, and well seasoned, take out a part of them for to frie, and make a potage with the remnant, with butter, salt, peper, onion sticked, then take up and serve.

36. *Potage of rice.*

It is made as that of the fideles, let it seeth untill it be well burst, then serve.

37. *Potage of tailladins.*

It is made alike, but that after they are sod, you may put to it a very little saffron and some very fresh butter; you may put in some milk also, for to make them liquid, and when all is well seasoned, serve.

38. *Potage of Barnicle with ragoust.*

You shall finde it in the leane potages, and shall make it alike, but without eggs.

39. *Potage of Barnicle with turnips.*

After it is dressed, lard it with eele, and roast it a very little, or passe it in the panne with butter, then put it in a pot with water, some pease broth, and a bundle of hearbs; when it is almost sod, passe some turnips in the panne, put them with your barnicle, and season well.

For to thicken your broth, passe a little flowre in the panne untill it be brown, and allay it with a drop of vinegar; put it in your pot, and when it hath boiled a very little, stowe your bread with your garnish, and serve.

40. *Potage of leeks with pease broth.*

When they are whitened in fresh water

part of them with your pease broth, some capers,
th the d season them well, after they are sod, stove
cked soak your bread, garnish it with your leeks,
d serve.

41. *Potage of flounders.*

Stove or soak your bread with the best of
ur broths, and garnish it with your floun-
ers, fried in the panne, and put with ragoust,
y are gether with mushrums, capers, and broken
iron ragus, then serve.

42. *Potage of rougets.*

Dress them, and put them in a pipkin,
th a bundle of hearbs, a little white wine,
d well seasoned; stove or soak your bread
, an th other broth, and garnish it with your
ngets with their sauce, then serve.

43. *Potage of lentilles.*

After they are well sod, and seasoned with
witer, salt, and a bundle of hearbs, take up,
som d serve.

You may put them upon the potage with
ne oile, after they are salted.

A Table of the Entrees, or first
courses in Lent, with-
out eggs.

Dale
Pike

M 2

Tench
es

Tenches farced
Fried tenches
Stewed carpe
Carpe farced
Carpe roasted
Carpe fried, and put in ragoust
Salmon
Hash of carpe
Stewed salmon
Lotte
Stewed lotte
Carpe with halfe short broth
Oisters
Oisters with ragoust
Oisters in the shell on the gridiron
Vilain with ragoust
Vilain with short broth & roasted
Birbels
Dabs
Flounders in castrolle
Flounders fried
Flounders roasted
Plice with ragoust
Fried plice
Barnickle
Barnickle with short broth
Barnickle roasted
Alose roasted
Alose with short broth roasted
Lamprell
Lamprell on the gridiron
Lamprell with a sweet sauce

The French Cook.

245

amprell stewed	35
ele in cervelat	36
ele in the fashion of stewing	37
ele with halfe short broth	38
ea eele stewed	39
ea eele fried stewed	40
obster with short broth	41
obster fried with a white sauce	42
angouste with short broth	43
angoust with a white sauce	44
ike farced	45
ike farced and roasted on the spit	46
rosted mackerels	47
resh herring roasted	48
resh herring roasted with a brown sauce	49
ilchers	50
ournet	51
renost	52
resh cod roasted	53
resh cod with halfe short broth	54
reen fish	55
oupresse of fish	56
ammon of fish	57
dussles	58
ried ray	59
ay with short broth	60
ried ray with ragoust	61
melts	62
od tripes	63
cuttles	64
poore John fried	65
poore John with oile	66

Poore John fried

Salmon with a brown sauce

Salmon with oile, onion, and vinegar, or salt
if you will.

Mackerell salted

Stewed herrings

Red herrings

Salt herrings

Pease

Pease broth

Red beets

Turnips

Jerusalem hartichocks

Serfis

Scirrets

Cardes of beetes

Lentils

Spinage

Fried apples

Apples with sugar

Prunes.

17 Advise.

THe things contained in this table and the following, are made ready the same way, as at other times, except only, that no eggs at all are used, neither for thicken, nor any other way; But for thicken, in stead of eggs, you may take

flesh of carpe, or of eele, which thickneth
faire better with butter, then the eggs doe.

*The following articles were not ex-
pressed in the Entrees of
the leane dayes.*

Lentilles.

AFTER they are well sod, passe them in the
pan with fresh butter, salt, peper, a little of
fine hearbs, and chibols, when they are well
fried, serve them.

You may serve them like pease broth; if
you finde them hard to be passed (or strained)
stamp them in a mortar.

They may also be served with salat oile pas-
sed in the panne.

Spinnage.

Take the fairest, and doe not use the green
ones, but for want of others, cleanse them
well, and wash them severall times, draine
them, and cause them to cast out their water
between two dishes, season them with half as
much butter as there are spinnage, some salt,
peper, a chiboll, or an onion sticked with
cloves; passe all in the panne, and stove it
in a dish covered; when you are ready to
serve you may put in some nutmeg & cream,
otherwise serve them as they are.

Some doe boile them in water, but they are not so good, though you make them ready like afterwards.

Apples fried.

Pare your apples, and cut them into round slices as farre as the core; make some butter browne, and frie them with a little salt and peper; if you have some creame you may put some in, and serve after they have boiled a little.

Apples with sugar.

Take apples, cut them in two, take out the core, and pricke them at the top with the point of of a knife; fill your dish with them halfe, with a little water, cinnamon, butter, and much sugar; Let them seeth leasurely with the lid of an oven, or a tourte panne, when they are enough, serve them sugred.

Prunes.

Takes them of Tours, or the common, wash and cleanse them well; after they are very cleane, seeth them leasurely in a pot; when they are halfe sod, put in some sugar, and when the broth is ready to become syrup, serve.

If you will put in no sugar while they seeth, when the syrup is well thickned, bestrew them with sugar, and serve.

Advise.

There are many, who will eat nothing but oile; Now for to take off the smell of oile, boile it with a crust of bread burned, and then you may serve it as butter.

Advise

A Table of the second
of Lent.

Turbot	1
Dabs	2
Dabs in castrolle	3
Wivers	4
Soales	5
Soa'es with ragoust	6
Salmon	7
Salmon with sweet sauce	8
Grenost	9
Purpoſe	10
Becare	11
Loux	12
Troute ſalmoned	13
Raye	14
Smelts	15
Mackerels	16
Filchers	17
Gournet	18
Pike	19
Pike with a ſauce	20
Pike farced	21
Carpe	22
Carpe farced with melts	23
Lotte	24
Lotte with ragouſt	25
Perch	26
Tenches	27
Aloſe	28

M's.

F'reſh.

*Fresh cod**Bream roasted**Plice**Macreuse**Carpe with half short broth**Tenches fried with ragoust**Barble with ragoust**Vilain with ragoust**Dorasde with short broth**Dorasde roasted**Fresh herring*17. *Advise.*

ALL the meat of the second service, as well as of the first, and intercourses of Lent, and the pastry work, are served the self same way, and with the same seasoning, as in the lean daies of the rest of the year, egges onely excepted, which must not be used; therefore you shall endore your pastry work with the eggs of Pike stamped, or with melted butter, for saffron is nought.

A Table of the Intercourses (Entremets) of Lent.

*Mushrooms**Cardons**Cardes**Scietmes*

2	Scirrets	4
3	Troufles with ragoust	5
3	White meat	6
3	Fried Artichocks	7
3	Fried Mushrooms	8
3	Tortoise	9
3	Paste spunne	10
3	Sparagus	11
3	Tourte of franchipanne	12
3	Cervelat of Eele	13
4	Gammon of fish	14
	Melts fried	15
	Melts with ragoust	16
	Liver of lotte	17
	Gelee of all kinds of fishes	18
	Celeris	19
	Rainequins of all sorts	20
	Mushrooms after the Olivier	21
	Morilles	22
	Prunes	23
	Brignols	24
	Sersifis	25
	Scirrets	26
	Small tourte of cream musked	27
	Tourte of Spinage	28
	Rissoles	29
	Lottes fried	30
	Sparagus like green pease	31
	Liver of Lotte fried	32
1	Crawfish fried	33
2	Crawfish with ragoust	34
3	Fritters of frogs	35
	Frogs	

Frogs with ragoust
Nulle of melts.

YOU will finde in the leane dayes the way of making ready all the contained in the Table above. The following Articles only are not set down.

Rissoles.

Take some remnant of hash of Carps, some mushrooms, and melts, mince all together, well fed with butter and creame, if you have any, season it with a bundle of hearbs, and boyl it a very little, the better to thicken it, and use it for to make your Rissoles with, which for to make well, take some pufte paste, spread it, and put your implements in it proportionably to the bignesse you will make them of, moisten them about, cover them, and endore them with butter, for want of eggs of pike; after they are endored, put them in the oven, and after they are baked, serve.

The small Rissoles are made with fine paste, there must be lesse than for a little pie; after your sheets are made, fill them proportionably; moisten them about, and close them up, then throw them into refined butter very hot, untill they be fried, and yellow, take them out forthwith, and then serve them.

If you put in sugar, you must also put sugar on the top when you serve.

Fritters.

Fritters of frogs.

Choose the finest and the biggest, dress them cherrie like, that is to say, scrape the thighs of your frogs, so that the bone be clean at one end, whiten them a very little, and dry them; make a paste with flowie, salt, milk, white cheese, of each a very little; stamp all in a mortar, and make it liquid, untill it be like a paste for fritters; take your frogs by the bone end, and dip them in, and put them in very hot butter, fry them as fritters, and serve garnished with fryed parsley.

18. *A note of what may be served up on Good-Friday.*

POtage of health, which is to be made with sorrell, lettice, beets, purslain, and a bundle of herbs; seeth all with salt, butter, and the first cutting of a loaf; stove, and serve.

Potage of pease broth very clear, which to make, you shall put in a few herbs, some capers, a bundle of herbs, and an onion sticked with cloves; when it is well sod, serve garnished with fried bread.

Potage of Almond milk, the making whereof you will finde in the potages for Lent.

Potage of Turnips, Potage of Parlnips, Potage of Sparagus, Potage of Pumpkins.

Potage of Prohteolles; for to make it, take five or six small loaves, open them at the top
and

and take out the crumme, then dry them near the fire, or make them brown in the pan with fresh butter; stove them with broth made of purpose with mushrooms, pease broth onion sticked, all well seasoned, and before passed in the panne. Use this broth for to make your potage, and garnish your dish with your dry bread, then fill it up with small ragousts, as trôufles, artichocks, sparagus, and fried mushrooms, garnish the dish round about with pomegranate, lemon, and, if you will, besprinkle your potage with the juice of mushrooms, then serve.

Potage of Brocolis, they are the young sprouts of Coleworts. Seeth them with water, salt, pease broth, butter, onion sticked, and a little peper; stove your crust, garnish it with your Brocolis, and fill your dish with it, then serve.

The same broth may be made with milk, and garnished alike.

The potage of hops is made the same way as that of Brocolis, and is garnished alike.

The Queens potage is made the same way as that of Lent, but that you make a hash of mushrooms, to garnish your bread with; after it is filled, and passed in the panne severall times, garnish on the top with pistaches, pomegranate, and lemons cut.

The Princesse's potage garnished with Fleurons, they are small peeces of puffed paste.

Potage of milk. Brown potage of onion.

Potage

Potage of pease broth garnished with lettuce, and broken sparagus.

Potage of fideles, or tailladins garnished with fried paste. Potage of Coliflowers.

Potage of Rice garnished with a loaf dried.

Potage of green pease. For to serve it, seeth them a very little, then stamp them in a mortar, and fry and season them as the other, then serve.

*Entree, or first course for the
Good-Friday.*

REd beets, or red parsnips, cut like dice, with brown butter and salt.

Red beets with white butter. Red beets fried.

Red carrots fried with a brown sauce at the top.

Red carrots stamped and passed in the pan, with onion, crums of bread, almonds, mushrooms, and fresh butter, all well allayed, and seasoned.

Red carrots fried with brown butter, and onion.

Red carrots cut into round slices with a white sauce, with butter, salt, nutmeg, chibols, and a little vinegar.

White carrots fried. Carrots in fried paste.

Carrots minced into ragoûts with mushrooms.

Tourte of pistaches. Tourt of herbs, Tourte of butter. Tourte of almonds.

Parsnips with a white sauce, with butter. Parsnips fried.

Serfish with a white sauce with butter.

Serfish fried in paste. Spinage. Apples with butter. Apples fryed. Pappé of flowre. Pappé of Rice, and Almonds passed. Prunes. Broken Sparagus fryed.

Rissoles of hash of Mushrooms, carrots, and pistaches, well fed with butter, served warm, sugred, and with orange flowers.

Skirrets fried in paste. Skirrets with white sauce with butter,

Cardes of beets. Cardons. Pumpkins fryed. Jerusalem Artichocks. Artichocks whole. Fideles. Rice with milk well sugred. Many doe cause it to burst in water when it is very clean, and then put the milk in it.

Others doe seeth it in a double pot.

The most expedient is, that when it is well washed, and very clean, you dry it before the fire; when it is very dry, stove it with very new milk, and take heed you do not drown it; seeth it on a small fire, and stir it often, lest it burn to, and put in some milk by degrees.

Mushrooms with ragoust. Mushrooms with cream. Mousserons with ragoust, garnished with pistaches.

Trouffles cut, with ragoust, and garnished with pomegranat.

Sparagus with a white sauce.

Trouffles

Trouffles with short broth. Salat of lemon.
Salat sod, either of succory or of lettice.

Morilles with ragoust: Morilles farced.
Morilles with cream.

Creame of pistaches. Tourte of creame of
Almonds. Cakes of Almonds. Cakes of pufte
paste.

Artichocks fried.

*A Method how to make several sorts
of Preserves, both dry and liquid, with
some other small curiosities, and
dainties for the mouth.*

Apricots liquid.

Boyl some water, and mixe with it some old
lees of wine proportionably, a handfull or
thereabouts, for one hundred of Apricots,
which you must put into this boyling water, &
stir them with a spoon, until you perceive that
they peel on the thumb; after that, take them
out, put them into fresh water, and peel them
very clean; boyl again some water, put your
Apricots into it, and let them boyl in it four or
five boylings; then steep them in water; and
prick them on the stalk; take sugar propor-
tionably, dip your Apricots in it, and seeth
them as it is fitting.

Another way of liquid Apricots.

Take such a quantity of Apricots as you will,
peele

Peel them as well and as nearly as you can boyl some water, put your Apricots in it, and let them boyl a little; take them out forth with, and put them into fresh water, see your sugar into a preserve, pass your Apricots into it, and boyl them a very little while; ste them; and let them lie there untill the next day morning, keeping alwaies a small fire under.

Dry Apricots.

Drain them, and turn them into ears, or round, then bestrew them with sugar in powder, and dry them in a stove.

Another way of dryed Apricots.

Take the hardest, and drain them, the seeth some sugar as for to preserve with it, put your Apricots in it, yet something stronger boyl them over the fire, and take them out after that you shall glase them, and put them upon straw; if they are not dry enough, bestrew them with sugar in powder, and dry them before the fire.

Conserve of Roses.

Take Roses of *Provins*, the reddest you can get, dry them as much as you can in a silver plate over a small fire, and stirre them often with your hand; after they are very dry, stamp them in a mortar, and then pass them through a very fine sieve; then allay them with the juice of lemon, over which you shall put half an ounce of Roses beaten into powder; and for want of juice of lemon, take verjuice: Take

some

some sugar, and seeth it to the first plume, that is, till the first skin, or crust is seene on the sugar, when it is boiled enough; after it is sod, take it off from the fire, and whiten it with the wooden slice, then put in your roses untill your conserve hath taken a colour; If by chance your sugar was too much sod, mixe with it the juice or halfe the juice of a lemon, proportionably to what you thinke fitting; then let your conserve coole a while and take it out.

Conserve of lemon.

Take a lemon and grate it, put the grating of it in water, and after a while take it out, and drye it moderately before the fire. Take some sugar, and seeth it, the first plume or skinne, as it shall make, take it off of the fire, and put the grating of your lemon in it, and whiten it with the wooden slice, and put in a little of juice of lemon, which is necessary for it; then make up your conserve.

Conserve of pomegranate.

Take a pomegranate, and presse it for to take out the juice; then put in on a silver plate, and drie it on a small fire, or on some warme cinders; seeth your sugar untill the plume or skinne appeare, and more then others; after it is well sod, take it off of the fire, and whiten it; then put your juice in it, and take out your conserve.

Conserve of pistaches.

Take pistaches, and stamp them, seeth the sugar till the plume or skinne appeare, and then

then whiten it ; afterwards put in your pistaches , and stirre them in it , then take up your conserve upon paper.

Conserve of fruits.

Take lemon peelee, pistaches, apricots, and cherries , cut them into small peeces , bestrew them with powder sugar, and drie them neere a small fire ; take some sugar , seeth it till the plume or skin appeare somewhat strong, then without taking it off of the fire, put your fruits in, and when you perceiue the same plume or skinne, take it out , and whiten it , and when you see the small glasse (or ice) on it, take out your conserve with a spoone.

Slices of gammon.

Take some pistaches stamped by themselves, some powder of rose of Provins by themselves, allayed with the juice of lemon, and some almonds stamped also by themselves, and thus each by it selfe ; seeth about one pound and a half of sugar as for conserve ; after it is sod, sever it into three parts, whereof you shall put , and preserve the two upon warme cinders , and into the other your shall powre your roses, and after you have allayed them well in this sugar , powre all together into a sheet of double paper , which you shall fold up two inches high on the foure sides, and tie it with pines on the foure corners ; after this when this first sugar, thus powred shall be halfe cold , and thus coloured , take of your almonds , mixe them into one of the parts

parts of sugar left on the warme cinders , and
powre them over this implement , and do the
like also of the pistaches ; Then , when all is
ready to be cut with the knife , beat down the
sides of the sheet of paper , and cut this sugar
into slices of the thicknesse of halfe a crown.

White fennell.

Take fennell in branches , and cleanse it
well ; drie it , and when it is drie , take the
white of an egge , and flower of orange wa-
ter ; beat all together and dippe the fennell
into it , then put some powder sugar over it ,
and drie it neere the fire upon some sheets of
paper.

For to make red fennell.

Take the juice of pomgranat with the white
of an egge , beat all together , and dippe your
fennell in it , put powder sugar to it , as to the
other , and drie it at the Sun.

For to make blew fennell.

Take some *tourne sol* , and grate it in water ,
put in a little powder of Iris , and some white
of eggs , beat all together , and dippe your
fennell into this water , and then put in some
powder sugar , and drie it as the other.

For to whiten geliflowers , roses , and violets.

Take the white of an egge , with a small
drop of flower of orange water , beat them to-
gether , and steep your flowers in it ; then take
them out , and as you take them out , shake
them , put powder sugar over them , and dry
them neere the fire.

You may use the same way for to whiten
red

red corants, cherries, respalles, and strawberries.

Cherries liquid.

Take the fairest you can, and take out the stones, some sugar proportionably to your cherries, and boile them together untill the sirrup be well formed, and sod as much as you shall thinke fitting: If you will at the same time take out some drie, draine up a portion of the same cherries, and take some sugar, which you shall seeth into a conserve, put in your cherries, boile them, and take them out.

Plummes of all sorts, liquid.

Take plummes and prick them, then throw them into a bason of boiling water, and boile them softly a little while; let them steep in fresh water, & drain them, then seeth your sugar a very little, powre your plums into it, and boile them in it a while; then set them in the stove, if you will; or else, if you finde them not enough, boile againe your sirrup a while, put in your plummes againe, and boile them yet a little.

Green Almonds.

They are made ready as the apricots.

Verjuice liquid.

Take the fairest you can get, and take out all the seeds; boile some water, and let your verjuice steep a little in it, then put it into some sugar a little sod, and boile it seaven or eight high boilings, and take it out.

Dry verjuice.

Draine it well, seeth some sugar into a conserve, and put your verjuice in; set it on the fire,

ber- e, and cause it to take the same seething,
it had when you have mixed it, so that the
t the time, or skinne or crust of it be very strong.

Bottoms of hartichocks.

rrup Take of bottoms of hartichocks what quan-
hall ty you will, pare them altogether, and take
time at the choake carefully, then boile some wa-
f the er, put your hartichoaks in, and let them
you therein, untill they be very well sod;
her- en put them into sugar, and boile them
erein foure or five boilings, and let them
st in it, then draine them, and take them out.

Buttons of roses dry.

row Take the buttons of roses, give them five or
boile six pricks with a knife, and boile them tenne
o in twelve boilings in water; then take some
fu- sugar, melt it, put your rose buttons in, and
and let them yet boile eight or ten boilings. For
the to make them drie, use them as you doe the
nem oranges, whereof the making is set down a
ile, little below.

Ponfis.

out Take good ponfis, cut it into slices and put
our into fresh water with one handfull of white
nto salt; let them steep five or six houres, and
a or then boile them in water untill they be sod;
take them out, and draine them, then take
some sugar, and boile it, and put into it your
slices of ponfis, seeth them againe in the su-
gar proportionably, and take them out.

Lemons whole.

on- Peele them to the white, and cut them at
the the sharp end, boile some water, and put
re, them

them in, until they be half sod; Take them out, put out the water, and put them in again in other water boiling very high, and make an end of seething them in it. Take them out and put them in fresh water, then melt some sugar and put your lemons in it. *Orenges.*

Take the reddest, and the smoothest, or the most yellow: Pare them and slit them at the end, and let them steep two whole dayes in fresh water, which you shall change twice a day, boile some water in a bason, put your orenges in it, and seeth them half, take them out, and make an end of seething them in other boiling water; then set them a draining and take some sugar proportionably to your orenges, with as much water; boile all with your orenges with high boiling, then take them out, and draine them.

How to make white walnuts.

Take walnuts, pare them to the white, and steep them in water six whole dayes, and do not faile to change the water twice each day, then seeth them in water, and when they are sod, stick them with a clove, with cinnamon, and with a slit of preserved lemon; then take some sugar, and seeth it, put your walnuts in, and let them boile in it ten or twelve boilings, then take them out, draine them and dry them.

Paste of Apricots.

Take them very ripe, and pare them, then put them in a pan without water, and stirre them often with a scimmer, untill they be ve-

ry dry; take them off' of the fire, and mixe them with as much sugar sod into a Conserve, as you have of paste.

Paste of Cherries.

Take some Ch. rries, boyl them in water, & pass them through a sieve; on a good quart of pap of Cherries, put four ounces of pap of Apples, which you shall seeth and strain also; mix all together; dry it, & make it ready as above said. *Paste of gooseberries and of verjuice.*

They are made the same way as that of Cherries. *Paste of Quinces.*

Take Quinces, seeth them whole in water, and pass them through a course sieve; then dry them in a pan over the fire, as the aforesaid paste, mixe them with sugar, and give them five or six turns over the fire, without boyling, make them ready half cold, and so of the rest.

How to make some Massepain.

Take Almonds and peel them, steep them in water, and change it until the last be clear altogether, stamp them with the white of an egge, and water of orange flower, then dry them with a little sugar over the fire, after this you shal stamp them four or five blows in the mortar, and work them as you will.

How to make cakes of Cherries, of Apricots, of Pistaches, and of Almonds.

Take of Cherries, or of Apricots, what you will, stamp them in a mortar with sugar in powder, until they be stiffe enough for to be wrought; bake them before you doe glaze

N

them,

th m, and glase them at the top and underneath. The pistaches and Almonds are made ready more easily and are easier to make cakes with.

For to make the sheets of th. m, steep some gum in water of orange flowers, stamp your almonds or pistaches in a mortar with a peece of gum; allay all together with sugar in powder, then make & work up a paste as you will.

You may of the same paste make a glasing very clear, mixing a little musk with it, and be carefull to clense it well at the top, then cut it in length, in round, or into any other form.

The baking of it requires a great care and circumspection; put it in the oven, or in the tourte panne with fire under and above, but a little less above.

How to make other light pasts.

Take the white of an egge, beat it well with a little water of orange flowers, and allay it with a few pistaches or almonds, what you will. Work them very wel with some sugar in powder, and put in a little musk; bake this in a tourte painne with a few hot cinders both above and under.

How to make a tourte after the Combalet.

Take three yolks of eggs without any whites, half a pound of lemon peel, with some water of orange flowers, and some musk; stamp a lemon peel, mix all together, and dry it with a handful of sugar, in beating of it; then put all in a pan, and give it three or four turns over the

the fire ; make up a tourte, and put it in the tourte panne with some sugar in powder upon and under, and close it up, and put some fire round about it ; when it is half baked, take it up, and set it a drying in the oven.

How to make some small sheets of paste g'ased.

Take all sorts of dry fruits, and stamp them with water of orange flowers, fill your sheets of past with these fruits, which will form up a certain thickness, capable & fit for to glase them, leave a little of it at the top, and bake them in the tourt panne until the glasing be risen up: which to bring to pass, put some fire upon, and none under. *How to make the sirrup of cherries.*

Take some cherries, press them, and take out the juice, strain them, and give them two or three boilings over the fire, then put in some sugar proportionably, three quarters for one quart of juice. The sirrup of Raspberries is made alike. *How to make Lemonade.*

It is made severall waies, according to the diversity of the ingredients. For to make it with Jasmin, you must take of it about two handfull, infuse it in two or three quarts of water, the space of eight or ten houres; then to one quart of water you shall put six ounces of sugar; those of orange flowers, of muscade roses, and of gelliflowers are made after the same way. For to make that of lemon, take some lemons, cut them, and take out the juice, put it in water as abovesaid pare another lemon, cut it into slices, put it among this juice, and

some sugar proportionably.

That of orange is made the same way.

How to make dry Quinces.

Take some Quinces, pare them, and boyle them in water, take them out & put them in to some boyling sugar; when they are sod, take them out, and powre them into sod sugar, out of which take them out, and dry them as the oranges and other fruits abovesaid.

How to make white hypocraft.

Take three quarts of the best white wine, half a pound of sugar more or less, an ounce of cinamon, two or three marjoram leaves, two corns of peper unstamped, passe all through the straining bag with a small corn of musk, and two or three peeces of lemon; after that, let all infuse together for the space of three or four hours.

The claret is made with claret wine, with the same ingredients, and in the same way.

How to make whipped cream.

Take a quart of milk, and put it into an earthen pan with about a quarter of a pound of sugar; take also one pist of sweet cream, which you shall mixe with your milk by degrees as you are whipping of it with rods, you shall by degrees take off the scim, and put it in a dish after the form of a pyramid.

How to make creame sod.

Take some sweet cream, with one quart or two of Almonds well stamped, then mixe all in a pan, stir it, and seeth it on a small fire and when

when you perceive it to become thick, take two yolks of eggs, allay them with a little sugar in powde, powre them into your cream, and give it yet four or five turnings.

How to make the English cream.

Take sweet cream, and make it something lukewarm in the dish wherein you will serve it, then take the bigness of a corn of wheat of runnet, and allay it with a little milk.

How to make gelee of gooseberries.

Take some gooseberries, press them, and strain them through a napkin; measure your juice, and put near upon three quarters of sugar to one quart of juice; seeth it before you mixe it, and seeth again together; after they are mixed, try them on a plate, and you shall know that it is enough, when it riseth off.

That of Rasberries is made the same way.

How to make the gelee of verjuice.

Take verjuice, and give it one boyling in water, strain it through a coarse linnen cloth, and seeth some apples, the decoction whereof you shall mixe with it, and the rest as above-said.

The gelee of Cherries is made the same way.

How to make the gelee of apples.

Make a decoction of your Apples, strain it through a napkin; and mixe with it three quarters of sugar, or thereabouts to one quart of decoction, &c.

How to make the gelee of Quinces.

Make also a decoction of Quinces; make it

also a little reddish, strain it through a napkin, and put it with sugar as the others.

How to make bisket.

Take eight eggs, one pound of sugar in powder, with three quarters of a pound of flowre, mixe all together, and thus it will be neither too soft, nor too hard.

How to make Maecaron.

Take one pound of peeled Almonds; steep them in fresh water, and wash them until the water be clear; drain them, and stamp them in a mortar; besprinkle them with three whites of eggs, instead of water of orange flowers, put in a quarter of sugar in powder, and make your paste, which you shall cut upon the paper after the form of Maecaron; bake it, but take heed you give it not the fire too hot; after it is baked, take it out of the oven, and set it up in a place warm and dry.

How to make the Marmalat of Quinces of Orleans.

Take fifteen pounds of Quinces, three pounds of sugar, and two quarts of water, boil all together; after it is well sod, pass it by little and little through a napkin, and take out of it what you can; then put your decoction in a bason with four pounds of sugar, seeth it; for to know when it is enough, trie it on a plate, and if it doth come off, take it quickly from off the fire, and set it up in boxes, or somewhere else.

How to make Strawberries.

Take the paste of Massepain, rowl it in your hands into the shape of Strawberries, then dip them in the juice of Barbaries, or of red Corants, and stir them well; after this, put them in a dish, and dry them before the fire, and when they are dry, dip them againe three or four times in the same juice.

How to make the Caramel.

Melt some sugar with a little water, and let it seeth more than for a conserve; put in to it some sirrup of Capilaire, and powre all into fresh water.

How to make the Muscadin.

Take the powder of sugar, a little of gum Adragan, which you shall steep in water of orange flowers, stamp all together, make it into Mulcadin, and dry it asar off before the fire, or at the sun.

How to make Snow paste.

Take powder of sugar, and gumme Adragan proportionably, stamp all together, and put in some good water, then make up your sheet of paste.

How make a cake of Pistaches.

Take half a pound of powder of sugar, a quartern of Pistaches, for one penny of gum Adragan, and one drop of sweet water; stamp all together, and when the paste is made, make your cakes of the thickness of a half crown, and bake them in the oven.

Rasber-

Rasberries preserved.

Make your sirrup with the decoction of Apples, when it is well sod, put your Rasberries in, give them only one boyling, take them out, and put them where you will for to ke ep them.

Quinces liquid.

Take them very yellow, and without spots, cut them into quarters, and seeth them in water, untill they be well sod, and very soft; then drain them, & put your sugar in the same water, which you shall seeth a little more than sirrup; put your Quinces in again, and put in their seeds, taken out first and wrapped into a linnen cloath, for to give them a colour, and when they are enough, take them out.

For to make a composte of App'es.

Take some Pippins, and pare them very smooth, and without spots; if they are big, cut them into four quarters, if they are small, cut them into halves, and take out the seeds, and all other superfluties; as you pare them throw them in water; and after they are all in, put the water and apples in a panne, with some sugar, to the proportion of a quartern and a half to eight great apples, and a little cinamon; instead of which in winter, when the apples have less juice, you may put one glass of white wine; boyl all until the apples be soft under your fingers; then take them out peece by peece, and press them between

two spoones, and set them on a plate, then straine your sirrup through a napkin folded in two; after it is strained, put it in the pan againe, for to make a gelee of it, which you shall know to be sod, if you take some with a small spoone, and that the drops doe fall like small peeces of ice; then take it off from the fire, and when it is halfe cold, put it over your apples, that are set on the plate.

Compost of apples John.

It is made the same way, but that the skin must not be taken off.

How to make the marmalat of apples.

Take ten or twelve apples, pare them and cut them, as you pare them, as farre as the core, and put them into cleere water; then take the apples, and the water wherein they doe steepe, with half a pound of sugar, or lesse, if you will, powre them into a panne, seeth them, as they seeth crush them, least they should burne; and when there is almost no more water, passe all through a sieve; Take what you have passed, and put it in the same pan againe, with the grating of halfe a lemon, or orange, before steeped above a quarter of an houre into some warme water, and strained through a linnen cloth, for to know, and take out the bitteresse of it; as they seeth, stirre alwayes least your marmalat do burne; you may know that it is sod when it is as into a gelee, and sheweth lesse moistnesse; and when it is as it ought to be, take it off of the fire.

fire, and spread it with a knife, the thickness of two half crowns.

How to make the compost of peares.

Take what peares you will, so that they be good, pare them, and take out the seeds, the hardnesse which is at the head of the pear, and the other superfluities, as of the apples. If they are big, cut them into halves or quarters; if they are small, into three parts; then put them in a panne, with water, sugar, and some cinnamon; when they are half sod, powre into them a glasse of strong red wine, and keep them alwayes covered close, because it causeth them to become red; give them a much seething, or thereabouts, as you would give to the sirrup of other preserves.

Another way.

Bake some apples in warme cinndris, when they are baked, pare them, cut them into halves or quarters, according to their bignesse, and take out the inside; make a sirrup with sugar, and the juice of a lemon, or the water of orange flowers; powre your peares into this sirrup, and give them one boiling, then put them on a plate.

How to make marons after the Limosine.

Seeth some marons after the ordinary way, when they are sod, peelee them, and in peeling them, flat them a little between your hands; let them on a plate, and take some water, sugar, and the juice of lemon, or of water of orange flowers, make a sirrup with it, when

It is made, powre it boiling upon your marons, and serve them hot or cold.

Another way.

If you will whiten them, take the white of an egge and some water of orange flowers, beat them together, dippe your marons into it, and put them in a dish with some powder of sugar, Rowle them untill they be covered with it, then drye them neere the fire.

How to make the compost of lemon.

Make a gelee of apples, and seeth it, after it is sod, take a big lemon, pare it very thick, and neere the juice, cut it in two, and in length, and divide these two parts into many slices, take out the seedes, and throw the slices into your gelee; give it yet ten or twelve boilings, so that your gelee may yet have its first seething; take it off of the fire, and let it become halfe cold; fill a plate with lemon slices, and cover them with your gelee.

How to make the lemon paste.

Take some sugar in powder, and some whites of eggs with a little of the grating of the flesh of lemon, stamp all together in a mortar, and if perchance there were too many eggs, put in some flowre of sugar, so with stamping you may bring what is in your mortar into a paste fit to be wrought with; worke after the ordinary, and your cakes as you will, after the thickness of halfe a finger, or less if you will. Bake them upon paper in the oven, or in a tourte pan, with fire above and under,

under, with mediocritie. Have a care that they become not yellow, and as soone as you do perceive that they begin to take that colour take them out, for they are enough.

How to make the bisket of Savoy.

Take six yolkes, and eight whites of eggs, with one pound of sugar in powder three quarters of a pound of good flowre made of good wheat, and some anise seed, beat all well together, and boil it; make a paste neither too soft nor too hard if it is too soft, you may mixe with it some flowre of sugar, for to harden it; when it is well proportioned, put it into moulds of which there is a rinne made for the purpose; and then bake them half in the oven; when they are half baked, take them out, and moisten them with the top with the yolks of eggs; after that put them in the oven againe, for to make an end of baking; when they are so baked that they are not too much burned, nor too soft, take them out, and set them in a place which is neither too coole, nor too dry.

F I N I S.

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